

FAMe Weekly Activity Diary Instructions

Please colour the attached diary columns in accordance with the type of activity you have been engaged during those hours, as below. You can do this as you go, or at the end of the day if you believe you are able to recall the information.

Colour Scheme and corresponding meanings:

High Energy Activity



Low Energy Activity



Rest/ Chill-out Time



Sleep



Examples of High Energy Activity may be:

Work / Housework

Walking

Looking after children or grandchildren

Having a shower

Meeting a group of friends

Using a computer

Examples of Low Energy Activity may be:

Reading easy magazines

Playing board games

Chatting with a friend

TV that you are not really interested in

Examples of Rest may be:

Listening to music

Use of structured relaxation techniques

! However, whether they are low or high really depends on you and how involved you get with these activities

Activity Diary

| Week 1 | Morning - am | | | | | | | | | | | Afternoon/ Evening - pm | | | | | | | | | | | | |
|--------|--------------|---|---|---|---|---|---|---|---|---|----|-------------------------|----|---|---|---|---|---|---|---|---|---|----|----|
| / / | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Day 1 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 2 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 3 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 4 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 5 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 6 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 7 | | | | | | | | | | | | | | | | | | | | | | | | |
| Week 2 | Morning - am | | | | | | | | | | | Afternoon/ Evening - pm | | | | | | | | | | | | |
| / / | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Day 1 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 2 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 3 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 4 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 5 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 6 | | | | | | | | | | | | | | | | | | | | | | | | |
| Day 7 | | | | | | | | | | | | | | | | | | | | | | | | |

High Energy Activity ■
Low Energy Activity ■
Rest/ Chill-out Time ■
Sleep ■