**Activity Diaries**

Activity Diaries are used for:

* **Monitoring/ recording** current activities, rest and sleep
* **Identifying** patterns of Boom and Bust
* **Planning** / **modifying** activities and setting a baseline
* **Measuring** progress

**What’s on the Activity Diary?**

* Space for name and date at top
* Shows one week per page
* Days of the week are in left hand column
* 24 hours along top row – starting at midnight through the day to midnight again. Each box represents one hour.
* Day Score – Score how fatigued you feel each day on a scale of 1-10. 1 = worst day ever, 10 = best day ever.
* Key at bottom –choose five colours – one colour for each item.

**High Activity**. Activity that drains your energy quickly. This will be different for everyone.

**Low Activity** . Activity that drains your energy but more slowly

**Rest**. Astate of ‘mindlessness’ – resting mind and body. Relaxation is a useful form of rest. Note that watching TV or reading is not classed as rest. It will be either high or low activity.

Rest should NOT be taken in bed, as it is important that the brain and body associate bed with night-time sleep

**Sleep**. We would discourage daytime sleeps as this can interfere with sleeping at night.

**Restless Sleep.**  Tossing and turning in bed.

**Tips for Keeping the Diary**

Complete the diary twice a day – but don’t become a slave to it!

It may be helpful to write brief reminders of what the activity was under a coloured in box e.g. hoovering

Remember Activities can ***be physical, mental or emotional,*** and some may be all 3!

You may need to colour part of a box to represent for example 20 minutes of relaxation

You won’t have to do it forever!

**Completing the Day score**

Complete the day score at the same time each day.

Scoring ranges from **1** for your best day through to **10** for your worst.

Base your score on how you feel at that same time each day - at that moment - NOT how much you have done that day or what your mood is like.

**Completing the diaries will:**

* Help you to identify patterns of energy use, especially Boom and Bust
* Help you to introduce strategies such as pacing and rest
* Help you to monitor your progress
* Help you towards forward planning

**Always bring your Activity Diaries to group or individual sessions**