ACTIVITY CATEGORIES

LOW ENERGY USE		MEDIUM ENERGY USE		HIGH ENERGY USE	
Low	**High**	**Low**	**High**	**Low**	**High**
Lying in Bed with radio on		Watching TV		Using the stairs	
Sitting up in Bed		Sitting on the sofa		Sitting in upright chair	
Talking up to 15 mins		*Talking 15-30 minutes*		*Talking more than 30 minutes (hi-cog)*	
Reading a book up to 15 mins		*Reading a book 15 to 30 mins*		*Reading a book more than 30 mins (hi-cog)*	
		Flicking through newspapers/magazines		Getting ready for bed	
			Cutting toenails	Getting dressed	
			Using computer	Standing (up to 2 minutes)	
				Travelling in a car	
				Walking	
					Stretching Exercises
					Washing Hair
					Bath/Shower
				Towel drying after bath	

- Hi-cog = high cognitive requirement
- Italics = activity in more than one column.   Some activities in the Low column become Medium if done for more than a few minutes, which can also be applicable for Medium/High activities.
- By placing the activity to the left, right or centre of each Energy Use Column you can identify different levels within each category.
- Break an activity down into individual components eg a doctors' appointment can be walking to the car, travelling in a car and sitting in an upright chair.
- As you improve, some activities in the High column move left to the Medium column and Medium move to Low. Enter new activities in the High column.
- **Remember PACING eg cut toenails over several hours, or even days**