**Daily Record of Activity** (with activity categories) Date:

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| --- | --- | --- | --- |
| **Time** | **Minutes/Hours** | **High/**  **Medium/**  **Low Activity** | **Activity Description** |
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| TOTALS | **Sleep**: **Rest**: **Low**: **Medium**: **High**: | | |

High, Medium or Low Activity = High, Medium or Low Energy Use

**meforms.org** - Daily Record Of Activity BLANK