

# ACTIVITY DIARY

DATE:	MORNING (midnight to noon)											AFTERNOON/EVENING (noon to midnight)												
	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								

This diary is designed to help you keep track of activities. It can be difficult to measure how much energy you use on different activities during the day, so it may be useful to track your activities and create a picture to help you see connections with your fatigue.

- Mark the activity as **red** when you consider it to be high energy. High energy may include physical activities such as gardening or house cleaning; it may include mental activities such as office work, or emotional ones such as family meetings.
- Colour the activity **yellow** if it's low energy. This is when you're doing something that isn't using a lot of energy.
- Use **green** for rest time, for example when you're reading or watching TV. During this time you'll have a chance for recovery and won't be using much energy.
- Use **blue** for sleep.
- When your fatigue is very noticeable and you had to stop what you were doing, sit down or go to bed to rest, put a cross through the activity.

**SAMPLE ACTIVITY CHART** Try planning your next few weeks and review your progress as you go.

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Key: ■ High-energy activity ■ Low-energy activity ■ Rest time ■ Sleep  Fatigue

At the end of a week, look back at your diary and ask yourself these questions:

- Are there times when I was exhausted?
- Are these related to high-energy activities?
- Are there long blocks of high-energy activity with no breaks?
- Is my sleep disturbed?
- Am I sleeping in the day?
- Is there enough time for enjoyment and recovery?

Use the information to give you a better idea of when you need to pace yourself and to help you to prioritize your time. Try planning the next few weeks and review your progress as you go.

The Arthritis Society is a national health charity, fueled by donors and volunteers, with a vision to live in a world where people can be free from the devastating effects that arthritis can have on lives.

The Arthritis Society began nearly 70 years ago with one very clear goal; to alleviate the suffering of people crippled by arthritis. Founded in 1948 by Dr. Wallace Graham and his medical peers from across the country, it was Mary Pack, a fiercely driven community advocate who worked tirelessly to put peoples' needs truly into the spotlight. Today we bring that passion to communities across Canada.

We are proud to have the trust and support of donors and sponsors who provide the funding capacity to invest in cutting-edge research, proactive advocacy and innovative solutions that will deliver better health outcomes and an improved quality of life for people affected by arthritis. That support has resulted in broad educational outreach to people living with arthritis and over \$200M invested, the largest source of charitable arthritis research funding.

We benefit from the advice of subject matter experts on our National Board, our Division Advisory Boards and Medical, Scientific and Patient-centric committees along with countless committed volunteers.