

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.

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																								

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.

About Arthritis Society Canada

Arthritis Society Canada is dedicated to extinguishing arthritis. We represent the six million Canadians living with arthritis today, and the millions more who are impacted or at risk. Fueled by the trust and support of our donors and volunteers, Arthritis Society Canada is fighting the fire of arthritis with research, advocacy, innovation, information and support. We are Canada's largest charitable funder of cutting-edge arthritis research. We will not give up our efforts until everyone is free of the scorching pain of arthritis.