



**Cambridgeshire
& Peterborough**
Long Covid Service

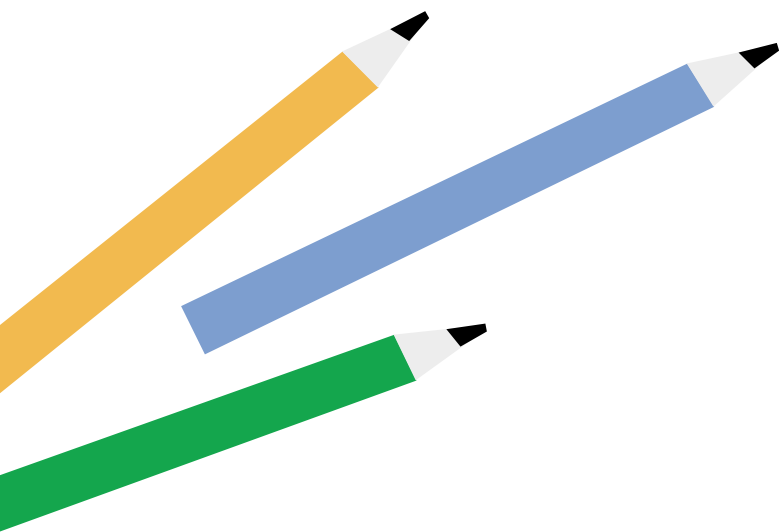
Activity diary

Long covid groupwork programme



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Before you start the group

As part of the virtual group which you will be attending, you will be receiving two sessions from the fatigue specialist occupational therapists. To form part of these sessions, we would like you to keep an activity diary for one week, which we will discuss within the first session.

Please have this to hand when you attend the two fatigue sessions.






Why keep an activity diary?

- They are a good way to start assessing what you are doing
- They can give you a starting point and help you understand how you are using your energy
- Using the traffic light system can help you assess the demands on your energy, how long you do things for and when you do them
- They can help you identify 'boom and bust' patterns and when in the day you prioritise quality periods of rest

Using a colour coded activity diary can help monitor your activity and energy levels.

- Start by writing down the activities that you do for a week.
- Think about how demanding each one was for you (don't worry about how difficult anyone else may have found it)

Colour code activities as follows:

	High demand
	Medium demand
	Low demand
	Sleep
	Relaxation

- Avoid too many high demand activities in one day
- Balance activity with rest

Calendar

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am							
8am							
9am							
10am							
11am							
Noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
Late evening and overnight							

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call NHS 111 for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.