



CONCUSSION ACTIVITY LOG

Name: _____

Dates: _____

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hrs. Sleep							
Sleep Quality	1 = very poor 2 = poor 3 = fair 4 = good 5 = very good						
Function % Start of day							
Activities							
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							
11:00 pm							
Amount of exercise today							
Hours of activity today							
Function % End of day							

HOW TO USE YOUR ACTIVITY LOG*

- Complete it every day. List the number of hours you slept last night and the quality. Rate how well you are feeling compared to normal (before injury) at the beginning and end of the day (eg. “I feel about 80% this morning”)
- Bring your log with you to all follow-up visits.
- Your log helps to plan your treatment and activities and shows your progress
- Feel free to change the times on the left hand side to meet your typical schedule if needed
- Use just a few words to describe what you’re doing. List your most important activity if you’re doing many short ones (eg. Woke up, cleaned house, cooked dinner, napped, walked)

TIPS FOR RATING YOUR % OF NORMAL FUNCTION

- Your Function % ratings incorporate how much energy you feel, how severe your symptoms are and how much activity you do. To help you rate your %, follow this general guide:

0%	No energy, severe symptoms including very poor concentration; bed ridden all day; cannot do self-care (e.g. need bed bath to be given).
10%	10% energy, severe symptoms at rest, including very poor concentration; in bed most of the day; need assistance with self-care activities (e.g. tub bath).
20%	20% energy, severe symptoms at rest, including poor concentration; frequent rests or naps; need some assistance with limited self-care activities.
30%	30% energy, moderate symptoms at rest, including poor concentration; need frequent rests or naps; can do independent self-care but have severe post exertion fatigue.
40%	40% energy, moderate symptoms at rest, including some difficulty concentrating; need frequent rests throughout the day; can do independent self-care and limited activities of daily living (e.g. light housework, laundry); can walk for a few minutes per day.
50%	50% energy, mild symptoms at rest with fairly good concentration; need a.m. and p.m. rest; can do independent self-care and moderate activities of daily living, but have slight post exertion symptoms; can walk 10 – 20 minutes per day.
60%	60% energy, mild or no symptoms at rest with fairly good concentration; need afternoon rest; can do most activities of daily living except vacuuming; can walk 20 – 30 minutes per day; can do volunteer work – maximum total time 4 hours per week, with flexible hours.
70%	70% energy, mild or no symptom at rest with good concentration; can do more intense activities of daily living (e.g. grocery shopping, vacuuming) but may get post exertion symptoms if ‘overdo’; can walk 30 minutes per day; can work limited hours, less than 25 hours per week; no or minimal social life.
80%	80% energy, mild intermittent symptoms with good concentration; can do full self-care, work 40 hours per week, enjoy a social life, do moderate vigorous exercise three times per week.
90%	90% energy, no symptoms with very good concentration, full work and social life; can do vigorous exercise three to five times a week.
100%	100% energy, no symptoms, excellent concentration, over achiever (sometimes may require less sleep than average person).

***ADAPTED FROM:** Activity log by Dr. Alison Bested @ Sunnybrook & Women’s College Health Sciences Centre