
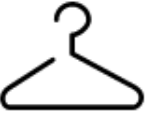







# How Much Energy Does It Cost?

## ~ Activities of Daily Living ~

Not all activities are created equal.  
Use this worksheet to help you understand how  
different activities compare for you in terms of energy usage.

Use specific numbers wherever possible.  
Place an 'X' through any activity you cannot currently do.

	How Quickly Will You Tire or Experience Pain?		How Long Will It Take To Recover?		Avoid, Be Cautious or Enjoy?		
 Shower or Bath	Very Slow	-----	Very Fast	Very Slow	-----	Very Fast	<input type="text"/>
 Get Dressed	Very Slow	-----	Very Fast	Very Slow	-----	Very Fast	<input type="text"/>
 Reheat Food	Very Slow	-----	Very Fast	Very Slow	-----	Very Fast	<input type="text"/>
 Prepare Food/ Do Dishes	Very Slow	-----	Very Fast	Very Slow	-----	Very Fast	<input type="text"/>
 Fold/ Put Away Laundry (No Carrying or Lifting)	Very Slow	-----	Very Fast	Very Slow	-----	Very Fast	<input type="text"/>
 Lift and Carry	Very Slow	-----	Very Fast	Very Slow	-----	Very Fast	<input type="text"/>
 Sweep, Mop or Vacuum	Very Slow	-----	Very Fast	Very Slow	-----	Very Fast	<input type="text"/>