

# How Much Energy Does It Cost?

## ~ Physicality ~

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?

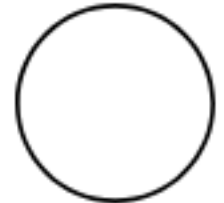


Very  
Slow

Very  
Fast

Very  
Slow

Very  
Fast



Rest - Lying Down

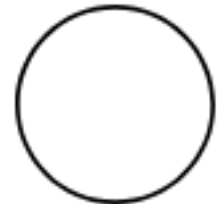


Very  
Slow

Very  
Fast

Very  
Slow

Very  
Fast



Rest - Reclining

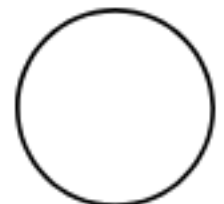


Very  
Slow

Very  
Fast

Very  
Slow

Very  
Fast



Sitting Upright

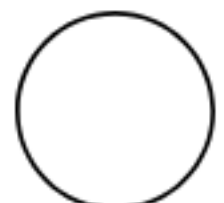


Very  
Slow

Very  
Fast

Very  
Slow

Very  
Fast



Wheelchair - Push On  
Smooth Surface

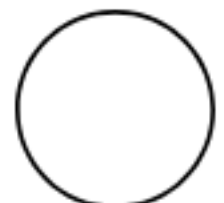


Very  
Slow

Very  
Fast

Very  
Slow

Very  
Fast



Standing

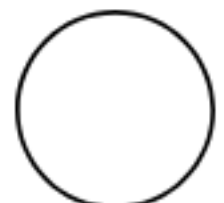


Very  
Slow

Very  
Fast

Very  
Slow

Very  
Fast



Walking

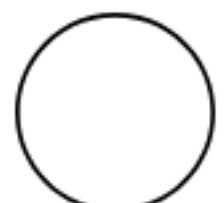


Very  
Slow

Very  
Fast

Very  
Slow

Very  
Fast



Climbing Stairs