

# ACTIVITY TRACKER

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An important part of managing your condition is being active. Recording your activities and sharing the details with your doctor during appointments helps them make decisions to provide the best care possible.

An activity is anything that requires physical effort. Talk with your doctor about the types of activities that are right for you.

## Keep track of what matters, one day at a time

Use this space to write down the activities you do each day. Make sure to also note if there is an activity that has become too difficult and you stopped doing it. If you're caring for someone, simply fill out this tracker on your loved one's behalf.

Activity: \_\_\_\_\_  
Date: \_\_\_\_\_ Length of time doing activity: \_\_\_\_\_  
Notes: \_\_\_\_\_

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Date: \_\_\_\_\_ Length of time doing activity: \_\_\_\_\_  
Notes: \_\_\_\_\_

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Date: \_\_\_\_\_ Length of time doing activity: \_\_\_\_\_  
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Don't forget to bring this with you to your doctor appointment

Activity: \_\_\_\_\_

Date: \_\_\_\_\_ Length of time doing activity: \_\_\_\_\_

Notes: \_\_\_\_\_

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Date: \_\_\_\_\_ Length of time doing activity: \_\_\_\_\_

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Notes: \_\_\_\_\_