

Evaluating current activity patterns

(service provider)

Date: ____/____/____

Name: _____

Service provider's name: _____

Criteria	✓	Examples
The person's daily activities demonstrate an imbalance between self-care, productivity and leisure.		
The person spends a large amount of time without defined activity on a day-to-day basis.		
Much of the individual's day is spent in passive activities or rest.		
There is a lack of organized routine/ structure to the person's daily activity.		
The person's daily activities limit their contact with others.		
The person's daily activities limit their access to a range of community environments.		
The person cannot define activities that are meaningful or of personal interest.		
The person experiences distress, or is easily overwhelmed by activity.		
The person's involvement in activity is impacted by a limited experience of enjoyment.		

If you have checked off three (3) or more of these criteria, this individual may benefit from intervention approaches directed to enabling activity-health.