

Tools and Worksheets

Category: 3. Road to Recovery



Step 1: The Symptom Tracker helps you assess how intense your symptoms are. The scale of 0 (no symptoms) to 10 (severe symptoms) records how you feel each day. Rate each symptom you are experiencing out of 10, and add additional symptoms if they are not already in the tracker. Add up all your numbers for that day, and give yourself a symptom point total. *(Remember that your symptoms can be delayed by up to 3 days. How you are feeling today may be due to your activities from several days ago.)*

Step 2: Think about your energy like money in the bank. The **Energy Points Chart** shows on a scale from 1 to 10 how many energy points, or “coins”, an activity may “cost” you. All of our daily activities cost energy, and we earn energy coins back every night when we sleep or during the day when we rest. Here are some important tips for using the chart:

- There are different kinds of energy, including physical energy, cognitive (thinking) energy, and social/emotional/spiritual energy.
- An activity might use more than one kind of energy (for example, driving uses both physical and cognitive energy).
- Activities will “cost” everyone a different number of energy coins. It’s specific to each person, but this chart can help give you an idea of where to start.
- Activities might “cost” you fewer coins over time as you recover.
- Use the Energy Points Chart as a reference as you use the Activity Tracker (step 3)

Step 3: Each day record your activities, using **the Activity Tracker** and write down how many “coins” or points they used. You can use the **Energy Points Chart** as a starting place to see how much they cost, but over time you might decide to change the numbers of certain activities to better reflect your experience. Add up how many points you used that day to give yourself a Daily Point Total. This is a starting place to see how much energy you are using in a day. This should be done in combination with the **Symptom Tracker**, so that you are filling out both tools each day.

Symptom Tracker

Date:											
Symptom scale	0 1 2 3 4 5 6 7 8 9 10										
	0	1	2	3	4	5	6	7	8	9	10
Fatigue											
Muscle pain											
Headache											
Brain fog											
Shortness of breath											
Other: _____											
Other: _____											
Other: _____											
Symptom Total : _____											



Energy Points Chart

	Energy Demand	Physical	Cognitive (Thinking)	Emotional/Social/Spiritual
	Higher Activity Score 10	Aerobic exercise: step ups, running, high resistance exercise bike/fast road bicycle, cross trainer, roller blades	Detailed calculations, accurate form-filling, major decision-making	Socializing, large group, 6 people or greater
	9	Stair treadmill, carrying furniture upstairs	Reading a book or a report that is complex	Anxiety/worrying-most of the day
	8	Jogging in water, swimming, moderate effort bicycling Work: farm tasks	Answering emails Paying bills, day-to-day finances	Frustration/Anger
	7	Rowing machine, walking hills, jogging, canoeing Lifting and carrying groceries upstairs	Attending appointments Driving a car on an unfamiliar route	Child care active, playing games
	6	Slow/light bicycling, moderate effort weight-lifting Sexual activity of higher effort	Reading a book that is less complex Helping children with school homework	Anxiety/worrying part of the day
	5	Home repair: painting, mowing lawn, gardening, pruning	Attending a doctor’s appointment/dental appointment Screen time paying attention to TV, computer, cell phone screens, working on the computer	Social media Attending full church/religious services
	4	Water aerobics, dancing Multiple household tasks, heavy cleaning, vacuuming, mopping	Typing, computer keyboard work Driving a car on a routine route	Musical instrument-drums, marching band, heavy brass
	3.5	Laundry (front loader) Bathing a large dog	Paying close attention to music, radio Attending speech or occupational therapy	Socializing with 3 people Talking on the phone
	3	Walking Washing dishes Work: custodial, general cleaning	Watching TV Screen time without paying close attention to it	Socializing with 2 people Basic childcare (dressing, bathing, grooming, feeding) Playing string or light wind instrument Religious activity: sitting, standing, talking, eating
	2.5	Stretching, yoga exercises Grocery shopping, meal preparation	Reading for pleasure Listening to a podcast	Sitting and playing with children-sedentary activity Yoga
	2	Bathing, showering Eating, cutting food Dressing, making bed Driving a car Laundry (top loader) Washing, brushing teeth	Listening to music, not paying close attention to it	Quiet prayers/seated religious ceremonies
	1.5	Sexual activity/relaxed level Knitting, sewing, wrapping presents Toileting	Mindfulness/meditation	Relaxation activities
1	Sitting quietly Sitting in a car as a passenger	Driving in a car as a passenger	Mindfulness/meditation	

This table has been modified from BE Ainsworth et al. Compendium of physical activities: An update of activity codes and MET intensities. Med. Sci. Sports Exerc., Vol. 32, No. 9, Suppl., pp. Developed by Dr J Calder for the Post-COVID-19 Interdisciplinary Clinical Care Network June 2021



Activity Checker

	Physical		Cognitive (Thinking)		Emotional/Social/ Spiritual		
	Activity	Points	Activity	Points	Activity	Points	
SUM			+		+		Daily Points Total: = _____