NHS
York Teaching Hospital
NHS Foundation Trust

Activities in my week

	Priority scale Low			High
Self-care – washing self, dressing, cooking, sleep				
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
Productivity – paid work, volunteering, child care, studying				
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
Leisure – exercise, reading, groups/clubs, hobbies				
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4