

Ontario Mover’s Study Daily Activity Tracking Sheet

Instructions:

- Choose one “regular” day next week where the activities you do represent what you do most days of every week.
- During that day, bring the Activity Diary with you as you go about your daily routine and complete the various columns. You want to track the time you started an activity, the time you stopped that activity, a general indication of what you were doing (e.g., going to work), where you are (e.g., in my car, walking on the sidewalk, or in the grocery store, etc.), and who is with you. You do not have to be specific with the activity – e.g., it is fine to say that you are shopping without specifying what you are buying.
- At the end of the day review what you have written to see that your day is described accurately.
- Make sure that you have this sheet with you during your phone conversation with the interviewer as he or she will ask you questions about your day.

Entry Number	Start Time	End Time	What are you doing?	Where are you?	Who is with you?
01					
02					
03					
04					
05					
06					
07					
08					
09					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					