

Day of the week: Monday			
Activity	Times of day or How long	Any aid or appliance	Details: how easy was the activity; how long did it take; did you have any problems or pain; how did you end up feeling?
Preparing food			OK
Eating & drinking	Breakfast		OK
	Lunch		
	Dinner/tea		
Managing treatments	11am		CMHN checked
Washing and bathing			n/a didn't wash
Managing toilet needs			OK
Dressing and undressing			OK
Communicating	11am		I couldn't talk to anyone today. My CMHN came round, checked on me and tried to talk with me to ask how the weekend had been, but I couldn't express what I'd gone through. I'd had a manic episode and couldn't face telling him about it because it made me feel uncomfortable.
Reading			n/a
Mixing with other people			I couldn't face any people today. I thought about going to the corner shop to get some milk, but felt really jittery about going as I don't know who will be around. I didn't go.
Making decisions about money			n/a
Anything else: for example, was this one of your better days, an average day or a worse than usual day.			
Most days are the same. Don't want to talk, don't want to see people.			

Day of the week:			
Mobility Activity	Times of day or How long it took	Aids or appliances used	Details: how easy was the activity; how long did it take; did you have any problems or pain; how did you end up feeling?
<p>Going out Did you need prompting?</p> <p>Did you need someone to go with you or take you?</p> <p>Were you unable to go anywhere at all?</p>			I couldn't go out, not even if my support worker had taken me. Wanted to stay alone indoors.
<p>Moving around How far did you walk in one attempt?</p> <p>How many times or how often did you need to stop and rest?</p> <p>Did you need to use a walking stick/frame or wheelchair?</p>			
	<p>Anything else: for example, was this one of your better days, an average day or a worse than usual day. Same every day.</p>		