

Progressing Tracking ADLs

This is an example list of of common ADLs (activities of daily living) or tasks and their difficulty

Easier tasks that can be done for long periods of time

mopping floors/cleaning the house			
mowing lawn (riding lawnmower)			
Picking fruits/vegetables			
planting seedlings/shrubs			
racking leaves off lawn			

Moderate tasks that can be done for 30-60 minutes

small carpentry work			
child care (dressing/bathing/feeding)			
cooking food and serving			
gathering & packing clothes			
laundry (folding/hanging/ironing)			
making bed			
packing & unpacking boxes			
carrying & putting away groceries			
setting table/serving food			
knitting/sewing			
sweeping floor/sidewalk			
vacuuming			
washing dishes			
watering the lawn/plants			

Challenging tasks that can be done for up to 30 minutes

large carpentry			
cleaning gutters			
digging/filling garden/composting			
gardening/mowing lawn (push mower)			
planting & trimming trees			
washing/painting fence			
weeding/cultivating garden			
cleaning land/hauling branches			

Please fill in your ADLs so you can track the progression!

Progressing Tracking ADLs

The week of: _____	
My first task	
This should be something I KNOW I can do, without help.	
My task will be:	
What I will use to do it:	
I will make it challenging by:	
When will I do this task?	
How hard was it for me? *	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Next time I will: **	
My second task	
This should be something that is sort of challenging for me, but I can do it.	
My task will be:	
What I will use to do it:	
I will make it challenging by:	
When will I do this task?	
How hard was it for me? *	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Next time I will: **	
My third task	
This should be something I can do, but I need help to do it. This is should be difficult for me.	
My task will be:	
Who will help me?	
What I will use to do it:	
I will make it challenging by:	
When will I do this task?	
How hard was it for me? *	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Next time I will: **	
* - 1 is Very Very Easy 3 is Moderately Hard 5 is Hard 7 is Very Hard 10 is Maximal effort	
** Think of ways that you can make this task more challenging: moving faster, timing yourself and trying to reduce the time, increase the duration that you are doing the task. This field is up to you, but remember it is important to CHALLENGE yourself in order to get the best results	