



ACTIVITY LOG

Convention: duration of activity/severity of symptoms (e.g. 1.5 hr/2 = activity lasted 1.5 hrs, symptoms were moderate)
Severity Scale: 1 = low, 2 = moderate, 3 = high

Week of:

Activity	Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Notes (time of day, place, triggers)
Work	/	/	/	/	/	/	/	
Entertainment	/	/	/	/	/	/	/	
Chores	/	/	/	/	/	/	/	
Appointment	/	/	/	/	/	/	/	
Exercise	/	/	/	/	/	/	/	
Social Event	/	/	/	/	/	/	/	
Transportation	/	/	/	/	/	/	/	
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	/	/	/	/	/	/	/	

*Use general activity categories for common activities, such as attending work (you may choose to record details of the activity in the notes section, e.g. went to movie, shopped at mall). Use extra spaces for other activities you engage in frequently.

Source: Vestibular Disorders Association (vestibular.org)