

Appendix. Worksheet to Record Physical, Cognitive, and Social Activities.

Use this form to record the activities you do that involve physical exercise, cognitive engagement, and social interaction. Record the date and the type of activity. For each activity, decide if it is physical, cognitive, and/or social.

If it is a physical activity, record the amount of time that you spent doing it, placing your time in the appropriate column for moderate and vigorous activities. You can find definitions of moderate and vigorous activities in chapter 38. If your activity is cognitive or social, place an “x” in the appropriate box.

At the end of the week, add up your totals to see how you compare with recommended activity levels. These are: 2½ to 5 hours of moderate physical activity, 1¼ to 2½ hours of vigorous physical activity, 12 cognitive activities, and 9 social activities every week.

We provide a sample to show you how to fill out the form as well as a blank form for you to use.

Date	Activity	A physical activity? Record time spent		A cognitive activity?	A social activity?
		Moderate	Vigorous		
Monday	Went for a walk with a friend	1 hour			X
Monday	Played on-line Scrabble			X	
Tuesday	Went to choir practice			X	X
Tuesday	Went swimming		½ hour		
Tuesday	Wrote a letter to the editor			X	
Wednesday	Called an old friend				X
Thursday	Learned a new set of Tai Chi moves	1 hour		X	
Thursday	Practiced new choir piece			X	
Totals for the week		1 hour	½ hour	5	3

Date	Activity	A physical activity? Record time spent		A cognitive activity?	A social activity?
		Moderate	Vigorous		
Totals for the week					

From: Anderson, N. D., Murphy, K. J., & Troyer, A. K. (2024). *Living with mild cognitive impairment: A guide to maximizing brain health and reducing risk of dementia*. Oxford University Press: New York. pp. 403-405.