

Long COVID Recovery - Activity Log

A Long COVID activity and rest log can be useful to identify trends and patterns in your symptoms.

For each day of your log (we have been told that a couple of weeks can be a good period over which to start)

- 1 Note the day of week, the date if you like and the time you started your task.
- 2 Then note the activity/task/type of rest.
- 3 What was the duration so how long did you do it for
- 4 Take your notes – what was easy about your task, what seemed to help and what symptoms you experienced. Also how long it took you feel better or recover.
- 5 Finally total up how much time you took on that day to be active or have to concentrate and how much rest time you took.

When the two weeks are complete look back over the log and see what it tells you; Ask yourself the following.....

Was there a type of rest that worked really well for you?

If you have been very active, are you more tired the next day?

Are there some symptoms that seem to link to an activity?

Are there some things that really help reduce some of your symptoms?

The following two pages are an example of things you might log.

Then we have included a template you might want to use as a starter in your process to identify the patterns in your Long COVID.

Day and Date and time	Activity/Task/Type of rest	Duration	Notes What went well / what would you do differently?
Thursday 08:30	Wash and dress	40 minutes	Shower, steam seemed to help with breathing. Very tired and a bit wobbly
Thursday 10am	Rest while watching TV, cuppa.	20 mins	Resting ready for walk later.
Thursday 14:00	Walking to and from Polling Station to vote	20 mins	Still finding walking extremely tiring; held partners's arm, very slow.
Total activity time		60 mins	
Total rest time		20 mins	
Friday 9am	Bike ride	15 mins	Good on bike, wobbly when I got off. 20 mins recovery time
Friday 10am	M&S shopping	1 hr	Slow walking held on to Nick or trolley. Very slow walking back to car
Friday 11.00am	Wash up and put shopping away	15 mins	No problems
Friday 11:30	Long Covid group	1 ½ hrs	Slight dizziness for a few hours after group (computer screen too bright?/ or done a lot today)
Total activity time		3 hrs	
Total rest time		20 mins	
Saturday	Easy day, very little energy today.		
Saturday 20:00	Putting clean bedding on bed	10 mins	Found this quite tiring, went straight to bed when done!

Total activity time		10 mins	
Total rest time			
Sunday 08:30	Bike ride	25 mins	Quite wobbly on return, needed to rest for about an hour
Sunday 11am	Visit to see Friend's new bungalow	1 hr	Absolutely shattered! Rested all afternoon. Limited energy for rest of day
Total activity time		1 hr 25 mins	
Total Rest time		5 hrs	
Day	Activity	Duration	Notes
Monday 08:30am	Bike ride	20 mins	Fairly flat ride, few inclines. Quick recovery time
Monday 11am	Drove for reflexology appointment	Driving for 1 hr	Relaxed in between driving
Total activity time		1 hr 20 mins	
Total Rest time		½ hour	
Tuesday	Bike ride	25 mins	High intensity – big hill to start ride. Legs aching on return and quite tired throughout day
Tuesday	Walk	10 mins	Uphillstill able to talk throughout
Total activity time		35 mins	
Total Rest time			
Wednesday	Bike ride	20 mins	Medium intensity, some small inclines. Fairly quick recovery time
Wednesday	Long Covid group	1 ½ hrs	Ok after group
Total activity time		1 hr 50 mins	
Total Rest time			
Total Activity Time for Week		9hrs 20 mins	
Total Rest time for Week		6hrs 10 mins	

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Total activity time		hrs mins	
Total rest time		hrs mins	
Total activity time		hrs mins	
Total rest time		hrs mins	
Total activity time		hrs mins	
Total rest time		hrs mins	
Total activity time		hrs mins	
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Day	Activity	Duration	Notes
Total activity time		hrs	mins
Total Rest time		hrs	mins
Total activity time		hrs	mins
Total Rest time		hrs	mins
Total activity time		hrs	mins
Total Rest time		hrs	mins
Total Activity Time for Week		hrs	mins
Total Rest time for Week		hrs	mins