

Dr. José López Colón

Patient name:

PROTOCOL ACTIVITIES PATIENT

Complete the activity protocol for 24 hours

- 1- while driving
- 2- at work
- 3- during meals
- 4- domestic work
- 5- physical activity, what type
- 6- while walking quickly
- 7- taking medications
- 8- watching TV
- 9- while resting
- 10- while sleeping

HOUR	ACTIVITY- SYMPTOM
09.00-09.30	
9.30-10.00	
10.00-10.30	
10.30-11.00	
11.00-11.30	
11.30-12.00	
12.00-12.30	
12.30-13.00	
13.00-13.30	
13.30-14.00	
14.00-14.30	
14.30-15.00	
15.00-15.30	
15.30-16.00	
16.00-16.30	
16.30-17.00	
17.00-17.30	
17.30-18.00	
18.00-18.30	
18.30-19.00	
19.00-19.30	
19.30-20.00	
20.00-20.30	
20.30-21.00	
21.00-21.30	
21.30-22.00	
22.00-22.30	
22.30-23.00	
23.00-23.30	

23.30-00.00	
00.00-00.30	
00.30-01.00	
01.00-01.30	
01.30-02.00	
02.00-02.30	
02.30-03.00	
03.00-03.30	
03.30-04.00	
04.00-04.30	
04.30-05.00	
05.00-05.30	
05.30-06.00	
06.00-06.30	
06.30-07.00	
07.00-07.30	
07.30-08.00	
08.00-08.30	
08.30-09.00	