

### **Functional Activities**

<b>Household Maintenance</b>	<b>Social Relationships</b>	<b>Self-Care</b>	<b>Recreational and Community Activities</b>	<b>Vocational (Academic / Work / Volunteer)</b>
Cooking Meals	Meeting new people	Manage medications	Play video game	Getting tasks done faster
Washing Dishes	Call friend / family on phone	Sticking to healthy eating	Attend farmer's market	Remember instructions better
Cleaning House	Post on social media	Exercise	Visit a park	Study for test
Organizing Desk	Spend time with friend / family	Brush Teeth / Shower	Local sporting event	Volunteer in house
Vacuum / Sweep	Go for coffee with someone	Make-up	Read a book	Find part-time job
Laundry	Acts of kindness for friends	Eye doctor / dentist appointment	Puzzles	Volunteer at food bank
Fix anything broken	Acts of kindness for strangers	Annual physical	Go to mall	Plan out work activities
Take garbage out	Talk to someone new	Shave / Haircut	Visit Library	Increase number of hours worked