**Worksheet 11.3** Example of an activity grading worksheet

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| **Activity grading worksheet** |
| Consider how difficult you would currently find engaging with each activity identified on the Classifying activity worksheet and write your answers in the appropriate column |
| Least difficult | Medium difficulty | Most difficult |
| *Get out of bed* | *Shower* | *Get to part-time job* |
| *Walk the dog* | *Sort bins* | *Work out in gym* |
| *Buy newspaper* | *Euchre with Dave and Sal* | *Sort direct debits* |
| *Take warfarin* | *Read newspaper* |  |
| *Tinker with car* | *Get bus pass sorted* |  |