



# ENGAGING WITH MY ACTIVITY WORKSHEET

Engagement Activity:							
Date and time of activity		Engagement Fear Ratings				Minutes	Comments
		Preparation for activity	Start of activity	End of activity	Duration of activity		
	Activity 1						
	Activity 2						
	Activity 3						
	Activity 4						
	Activity 5						
	Activity 6						

Fear Rating				
0 No Fear	25 Mild	50 Moderate	75 Severe	100 Very Severe