

RCA TRAINING FOR FACILITATORS

PRACTICE 2

INDIVIDUAL ONE-DAY RECALL OF DAILY ACTIVITIES						
Time	Main (primary) activity	Symbol	Simultaneous (secondary) activity	Symbol	Supervision responsibility (children/ dependent adults)	Symbol
00:00-01:00						
01:00-02:00						
02:00-03:00						
03:00-04:00						
04:00-05:00						
05:00-06:00						
06:00-07:00						
07:00-08:00						
08:00-09:00						
09:00-10:00						
10:00-11:00						
11:00-12:00						
12:00-13:00						
13:00-14:00						
14:00-15:00						
15:00-16:00						
16:00-17:00						
17:00-18:00						
18:00-19:00						
19:00-20:00						
20:00-21:00						
21:00-22:00						
22:00-23:00						
23:00-00:00						