



## Weekly Activity Balance Checklist

### Activity Types:

- Physical Activities ( $\geq 5$ )
- Cognitive Games ( $\geq 5$ )
- Social Events ( $\geq 5$ )
- Creative Projects ( $\geq 3$ )
- Relaxation Activities ( $\geq 3$ )

### Special Considerations:

- Multi-level Options Available
- Variety in Activities
- Special Events Planned
- Holiday Activities
- Weekend Coverage

## Supply Checklist & Notes

### Supplies Needed:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Special Events/Birthdays:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Week Notes & Observations

Resident Feedback: \_\_\_\_\_

Staff Notes: \_\_\_\_\_

Areas for Improvement: \_\_\_\_\_

Success Stories: \_\_\_\_\_

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**Remember:** Adjust activities based on resident abilities and preferences. Always have backup activities ready.

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Visit [www.thecraftjoy.com](http://www.thecraftjoy.com) for more caregiving resources and activities

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