

FUNCTIONAL TASKS RECORDING FORM

Write down 10 tasks that you want to improve and/or keep doing better and more often!

Please rate the degree of difficulty you have doing each of these activities (**within the last week**):

	1 Not Difficult	2 Miminally Difficult	3 Somewhat Difficult	4 Moderately Difficult	5 Very Difficult	6 Extremely Difficult	7 Unable	NA
1)								
2)								
3)								
4)								
5)								
6)								
7)								
8)								
9)								
10)								