

A piece of additional data that can be recorded at the end of all activities is the tiredness level at the end of an activity. It has been observed that tiredness level can have a negative impact in a person's emotional well-being (p.2) ^[1] thus can be a valid piece of information in the time diary. It will have 5 different options ranging from Not tired to Extremely tired and then matching each option to its corresponding number from 1 to 5.

The second additional data is the Completion Level that will be recorded at the end of an activity. The state of achievement of a task has been investigated that it has a "positive direct effect" ^[2] in satisfaction levels thus can be a good piece of additional data to be recorded. Again, it will have 5 options that show a task's level of completion ranging from No progress made to Full completion and then matching each option to its corresponding number from 1 to 5.

^[1] Qegateshead.nhs.uk. 2021. [online] Available at:

<https://www.qegateshead.nhs.uk/sites/default/files/users/user15641/IL773%20Activity%20Fatigue%20and%20the%20Benefits%20of%20Using%20an%20Activity%20Diary.pdf> [Accessed 2 March 2021].

^[2] Rogelio Puente-Díaz (2011) The effect of achievement goals on enjoyment, effort, satisfaction and performance [online] Available at:

https://www.researchgate.net/publication/51764129_The_effect_of_achievement_goals_on_enjoyment_effort_satisfaction_and_performance [Accessed 2 March 2021].