

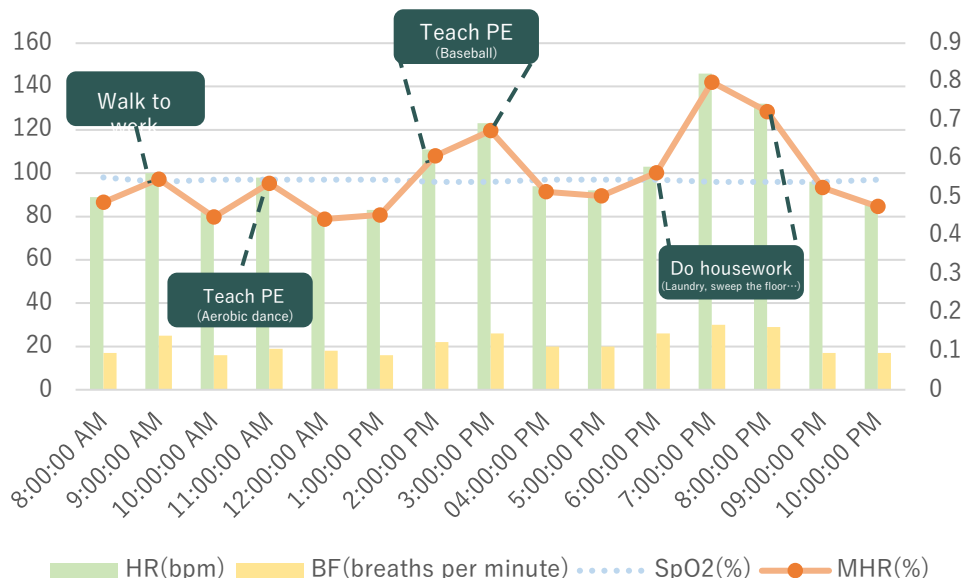
PERSONAL DAILY HEALTH REPORT



Activity and Physiological Data



Amy, 36y/o, F,
Long-COVID, PE Teacher



Energy Conservation Technique Recommendation

1. Walk to work:

Wear active sportswear, use the backpack, go out early, etc.

2. Teach PE(Aerobic dance)&Teach PE(Baseball):

Intermittent motion, stay hydrated and sunshaded, use microphone, etc.

3. Do housework:

• Cooking

Sit if possible, look for recipes that take less time, use a trolley, use paper cutlery to avoid washing too many of them, etc.

• Laundry

-Sit down while ironing

-Use a lower clothes rack

-Wash fewer loads in batches

-The dryer and washing machine should be at chest height to avoid excessive bending.

• Sweep the floor

-Clean one room before moving to another.

-Avoiding repeated back and forth.

-Use long-handled utensils.

-Avoid carrying or lifting things, push, pull or slide them instead. If you need to carry something, try to lean into your body.



Article Suggestion

• How to Conserve Energy When Doing Laundry

https://www.youtube.com/watch?v=RTs4GD_kNBc&ab_channel=Howcast

• Walking - Energy Conservation Tips

https://www.youtube.com/watch?v=Bc2ldOjl1yQ&ab_channel=CaringformyCOPD-GRCHC