iMPACT
Individualised self-Management ProgrAmme for long-term CondiTions

ACE Log

NHS
University Hospitals of Leicester
NHS Trust

Keep track of what you do each day, and rate your sense of Achievement, Connection and Enjoyment on a scale of 0 (none) - 10 (maximum)

When Day/Date/Time	**Activity** What did you do? Who were you with?	**A** Achievement	**C** Connection	**E** Enjoyment