

### Graded Activity Hierarchy Example

Activity	Difficulty Scale 0-10
Gardening Yard work Going back to work Swimming Riding a bicycle	10
Painting/Home repairs Cleaning windows Lifting heavy objects Making the bed Walking the dog	8
Climbing stairs Driving a car Loading a dishwasher Vacuuming Lifting light objects Carrying a trash bag	5
Doing laundry Dressing a child Washing dishes	4
Ironing	2
Brushing teeth	0