Task Sizing Template

Task List	Low Energy	Medium Energy	High Energy
having a shower			
drying hair			
15-min walk at a steady pace			
20-min of housework (hoovering etc)			
30-min phone call			
1 hour on the laptop			
reading for 30-min			
socialising with one friend for 1 hour at home			
socialising with two or three friends at a busy cafe for 1 hour			
a 20-min drive that you've done many times			
a 20-min drive somewhere new on unfamiliar roads			