

SOCIAL ACTIVITY LOG (SAL)

Please think about **each day of the past 7 days** and what you did other than working, taking care of your family, or doing necessary shopping.

1. How many days **in the past week** did you do **voluntary social activities**?
 Include activities like sports, meals out, religious events, or any other social events.

Number of Days (select one): 0 1 2 3 4 5 6 7

2. Was this a normal week for you?

- ₁ Yes
₂ No, I did more social activities than usual.
₃ No, I did fewer social activities than usual.

NOW THINK OF THE PAST MONTH:

In the past month, circle a number for how many times you:

3. Went shopping with friends or family you do not live with.	0	1	2	3	4	5	6 or more
4. Had friends or family come to visit.	0	1	2	3	4	5	6 or more
5. Talked on the telephone with friends or family you do not live with.	0	1	2	3	4	5	6 or more
6. Went to a movie, concert, theater, or other cultural or entertainment musical event.	0	1	2	3	4	5	6 or more
7. Went to a sports game to watch.	0	1	2	3	4	5	6 or more
8. Participated in sports with other people you do not live with.	0	1	2	3	4	5	6 or more
9. Got emails, letters, cards, or notes from people you know, but do not live with.	0	1	2	3	4	5	6 or more
10. Went to museums, art exhibits, or similar activities.	0	1	2	3	4	5	6 or more
11. Had coffee, tea, or other drinks with friends or family you do not live with.	0	1	2	3	4	5	6 or more
12. Sent emails, letters, cards, or notes to people you know but do not live with.	0	1	2	3	4	5	6 or more
13. Played cards or games with people you do not live with.	0	1	2	3	4	5	6 or more
14. Went to other social events (parties, meals, or other happenings) where you talked with people you do not live with.	0	1	2	3	4	5	6 or more
15. Did other social activities with people you do not live with. (Select "0" if you did NO OTHER social activities other than the ones already listed) Please describe your other social activities: _____	0	1	2	3	4	5	6 or more