Choose an activity or task with your supervisor to analyze. You will use the following outline, which is based on the *Occupational Therapy Practice Framework*. Chose only the areas that are relevant to the task and be specific about why it is relevant.

Example: Task: Keyboarding

*Praxis* is required to competently motor plan the sequence of the use of the digits and wrist in order to complete the typing of text.

I. Identify the Area of Occupation that the task involves. More than one area may be involved:
   a. ADL
      i. Bathing
      ii. Bladder and bowel management
      iii. Dressing
      iv. Eating
      v. Feeding
      vi. Functional mobility
      vii. Personal device care
      viii. Personal hygiene and grooming
      ix. Sexual activity
      x. Toilet hygiene
   b. IADLs
      i. Care of others
      ii. Child rearing
      iii. Communication management
      iv. Community mobility
      v. Financial management
      vi. Health management and maintenance
      vii. Home establishment and management
      viii. Meal preparation and cleanup
      ix. Religious observance
      x. Safety and emergency management
      xi. Shopping
   c. Rest and Sleep
      i. Rest
      ii. Sleep
      iii. Sleep preparation
      iv. Sleep participation
d. Education
   i. Formal education participation
   ii. Informal personal education needs or interests exploration
   iii. Informal education participation

e. Work
   i. Employment interests and pursuits
   ii. Employment seeking and acquisition
   iii. Job performance
   iv. Retirement preparation and adjustment
   v. Volunteer exploration
   vi. Volunteer participation

f. Play
   i. Play exploration
   ii. Play participation

g. Leisure
   i. Leisure exploration
   ii. Leisure participation

h. Social participation
   i. Community
   ii. Family
   iii. Peer, friend

II. Identify the client factors of values, beliefs, spirituality that may influence the task
a. Values
   i. Person
   ii. Organization
   iii. Population

b. Beliefs
   i. Person
   ii. Organization
   iii. Population

c. Spirituality
   i. Person
   ii. Organization
   iii. Population

III. Identify the client factors of body functions that are necessary to the task
a. Mental functions (affective, cognitive, perceptual)
   i. Higher level cognition (judgment, concept formation, metacognition, cognitive flexibility, insight, attention, awareness)
   ii. Attention (sustained, selective, divided attention)
   iii. Memory (short-term, long-term, working)
   iv. Perception (discrimination of sensations, multi-sensorial processing, sensory memory, spatial, temporal relationships)
   v. Thought (recognition, categorization, generalization, awareness of reality, logical/coherent thought, appropriate thought content)
vi. Mental functions of sequencing complex movement (execution of learned movement patterns)

vii. Emotional (coping and behavioral regulation)

viii. Experience of self and time (body image, self concept, self-esteem)

b. Global mental functions
   i. Consciousness (level of arousal, level of consciousness)
   ii. Orientation (orientation to person, time, place, self and others)
   iii. Temperament and personality (emotional stability)
   iv. Energy and drive (motivation, impulse control, appetite)
   v. Sleep (physiological process)

c. Sensory functions and pain
   i. Seeing and related functions, including visual acuity, visual stability, visual field functions (detection/registration, modulation, integration of sensations form the body and environment, visual awareness of environment at various distances)
   ii. Hearing functions (tolerance of ambient sounds, awareness of location and distance of sounds)
   iii. Vestibular functions (sensation of securely moving against gravity)
   iv. Taste functions (association of taste)
   v. Smell functions (association of smell)