ADL Actions List

Cleaning	T	R	Cooking	T	R	Dressing	T	R	Hygiene	T	R	Community	T	R	Social	T	R
Carrying			Blending			Buckling			Blowing			Adding			Clapping		
Cleaning			Boiling			Buttoning			Brushing/combing			Answering			Dancing		
Closing			Breaking			Covering			Covering			Buying			Giving		
Counting			Closing			Fixing			Drying			Carrying			Helping		
Covering			Cooking			Folding			Flossing			Closing			Holding hands		
Digging			Covering			Hanging			Putting on			Copying			Hugging		
Dipping			Cracking			Holding			Rinsing			Counting			Joking		
Dragging			Cutting			Hooking			Rubbing			Digging			Jumping		
Drying			Dipping			Ironing			Shampooing			Dividing			Kissing		
Dusting			Draining			Lifting			Shaving			Fast Forwarding			Laughing		
Empting			Drinking			Matching			Spitting			Finding			Listening		
Filling			Eating			Pulling			Spraying			Fixing			Looking		
Fixing			Empting			Putting on			Taking off			Floating			Patting		
Flushing						Sitting			Throwing away			Giving			Playing		
Gluing			Filling			Snapping			Trimming			Going			Running		
Lifting			Fixing			Sorting			Turn water off			Hiding			Sharing		
Loading			Floating			Squeezing			Turning water on			Knocking			Singing		
Moving			Frying			Standing			Washing			Matching			Smiling		
Opening			Lifting			Taking off			Wiping			Opening			Taking turns		
Pulling			Measuring			Tucking						Paying			Talking		
Pushing			Mixing			Turning						Playing			Tapping		
Reaching			Opening			Tying						Pulling			Tickling		
Removing			Peeling			Zipping						Pushing			Waving		
Rinsing			Piercing									Putting in			Winking		
Scooping			Pouring									Putting on					
Scrubbing			Pressing									Reading					
Spraying			Rinsing									Rewinding					
Squeezing			Rolling									Riding					
Stacking			Scooping									Stapling					
Sweeping			Shaking									Stopping					
Taping			Spraying									Subtracting					
Tearing			Spreading									Swimming					
Throwing			Sprinkling									Taking out					
Tossing			Squeezing									Tossing					
Tucking			Stirring									Unlocking					
Turning			Taking out									Walking					
Turning off			Tasting									Writing					
Turning on			Tearing														
Tying			Tossing														
Unlocking			Turning														
Vacuuming			Turning off														
Watering			Turning on														
Winding			Tying														
Wiping			Rolling														
Wrapping			Scooping														
Wringing																	