

## Fatigue Diary

Day		Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Time period		M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E
		O	F	V	O	F	V	O	F	V	O	F	V	O	F	V	O	F	V	O	F	V
		R	T	E	R	T	E	R	T	E	R	T	E	R	T	E	R	T	E	R	T	E
<b>Energy Level</b>	1																					
	2																					
	3																					
	4																					
	5																					
	6																					
<b>Treatment</b>																						
<b>Highest fatigue time e.g. 5pm</b>																						
<b>Comments</b>																						

## Fatigue Diary

### Noting down your levels of fatigue can:

- Help identify when you feel more or less fatigued
- Assist in planning what activities to do on what days
- Prompt to plan things to help ease the fatigue

### The table explained:

Please rate your level of fatigue from 1-6, for each day of the week, morning (MOR), afternoon (AFT) and evening (EVE).

### Ratings explained:

- 1 No fatigue - not affected by fatigue
- 2 Mild fatigue – able to do normal activities, some feelings of tiredness
- 3 Some fatigue – able to do most activities, with greater feelings of tiredness
- 4 Moderate fatigue – able to do some activities, but need to stop and rest
- 5 Severe fatigue – difficulty walking or doing home activities without large periods of rest
- 6 Extreme fatigue – need to sleep or rest all day

### Treatment

On days you have treatment, put an “x” in the box on the treatment row.  
Doing this can help you see how treatment is affecting you on specific days.