

Fatigue diary

Week 1 / /

	Morning - am												Afternoon/Evening - pm											
	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								

Week 2 / /

	Morning - am												Afternoon/Evening - pm											
	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Monday																								
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Thursday																								
Friday																								
Saturday																								
Sunday																								

Colour each square to keep track of what you have been doing (you can do half or quarter squares, too)

- High energy activity
- Moderate activity
- Low energy activity
- Relaxation
- Sleep