

Fatigue diary and weekly planner

Keeping a diary of your energy levels can help you to know if you feel more tired at certain times of the day, or after doing certain activities. This can help you to plan your activities so that you have more energy.

Fatigue diary

Every day, rate how tired you're feeling on a scale of 0-10. 10 is the most tired you can imagine and 0 is not tired at all.

You might find it useful to share this with your doctor or nurse. It can also be helpful to show it to your family and friends, so they can see how fatigue affects you.

<u>Date</u>	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Early morning							
Late morning							
Early afternoon							
Late afternoon							
Early evening							
Late evening							
Overnight							

Write down the activities you do throughout the day. Include resting as an activity.

<u>Date</u>	Activities
Monday	<i>Example: Had a shower</i>
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Weekly planner

Write down the things you need to do this week:

Write down the things you want to do this week. Include activities you find enjoyable and relaxing:

Ask yourself four things about any activity you are going to do:

- Do I want to do it?
- Do I need to do it?
- Is there an easier way to do it?
- Am I happy for someone else to do it for me?

Look at your fatigue diary to see when you might be likely to feel tired. Try and plan your activities so that they're spaced out throughout the week. It might be helpful to plan a rest after any activities that make you feel very tired. You might find it helpful to share your weekly planner with your friends and family, so they can support you with your activities.

	Morning	Afternoon	Evening
Monday Date	<i>Example: Rest</i>	<i>Pick up K from school</i>	<i>Watch a film</i>
Tuesday Date			
Wednesday Date			
Thursday Date			
Friday Date			
Saturday Date			
Sunday Date			