

# Fatigue diary and weekly planner

You could try keeping a diary of your energy levels. It can help you see if your fatigue is worse at certain times, or after particular activities. This might help you plan activities, or avoid ones that make you feel fatigued.

## Fatigue diary

Every day, write down any activities you do throughout the day and how tired you feel. Include resting as an activity. You can 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 others around you, such as family and friends. This might help them see how fatigue affects you.

Day and date	Early morning	Late morning	Early afternoon	Late afternoon	Early evening	Late evening	Overnight
<b>Example</b> 18 June	<i>Had a shower</i> 4	<i>Made breakfast</i> 6	<i>Weekly shop</i> 9	<i>Rest</i> 4	<i>Cooked dinner</i> 7	<i>Watched a film</i> 2	<i>Rest</i> 0
<b>Monday</b>							
<b>Tuesday</b>							
<b>Wednesday</b>							
<b>Thursday</b>							
<b>Friday</b>							
<b>Saturday</b>							
<b>Sunday</b>							

## Weekly planner

Write down the things you **need** to do this week:

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

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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 they're spaced out throughout the week. It might be helpful to plan a rest after any activities that make you feel very tired.

Example:

Day and date	Morning	Afternoon	Evening
Monday <i>16 Feb</i>	<i>Rest</i>	<i>Pick up K from school</i>	<i>Watch a film</i>

It could be helpful to share your planner with people around you, so they can support you with different activities.

You can fill in a weekly planner on the next page.

Day and date	Morning	Afternoon	Evening
Monday _____			
Tuesday _____			
Wednesday _____			
Thursday _____			
Friday _____			
Saturday _____			
Sunday _____			