






Instructions for completing daily fatigue diary.

1. Diary to be completed over the space of at least 3 days, one week would be the preferred option.
2. The aim of the diary is to provide an insight into how your chosen daily activities are impacting on your fatigue level and to see if there are any specific patterns.
3. The smiley face rating scale has been chosen to make it a simple/quick tool to complete. It is up to you if you put numbers or a smile face.
4. It would be useful to also add a P for physical fatigue or M for mental fatigue, to identify which was the most severe for you at that time of the day.
5. Add any rest periods you have.
6. Make any comments about the activity if you wish e.g. completed task sitting down, trolley instead of basket when shopping etc.
7. See the example diary below for your reference.

Time	Activity	<p>Level of fatigue [make a note if mental of physical fatigue].</p> <div style="display: flex; justify-content: space-around; align-items: center;">      </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 5px;"> <div style="border: 1px solid black; width: 40px; height: 15px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 40px; height: 15px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 40px; height: 15px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 40px; height: 15px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 40px; height: 15px; margin: 0 auto;"></div> </div> <p>Not severe [1] [2] [3] [4] [5] very severe</p>
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7:00am	Wake up	1
7:30am	Breakfast	1
8:00am	Washing and dressing	3 Physical –
8:30am		
9:00am	Rest period	1
9:30am		
10:00am	Reading paper and watching TV	4 Mental
10:30am		
11:00am		
11:30am		
12:00noon	Lunch – make self	4 Physical
12:30pm		
1:00pm	Rest period	2
1:30pm		
2:00pm	Shopping	1
2:30pm		
3:00pm	Pack shopping away	4
3:30pm		
4:00pm	Hoovering downstairs	4
4:30pm		
5:00pm	Make dinner	5
5:30pm		
6:00pm	Bed	5
6:30pm		
7:00pm		
7:30pm		
8:00pm		
8:30pm		
9:00pm		