



Valionhealth

My Fatigue Diary

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Your fatigue diary

Keeping a daily diary of your energy levels and when you have treatment can help you work out how treatment affects you. This diary has enough space to record your energy levels for 8 weeks.

You can use this fatigue diary to:

- see what times of day you have the most energy
- note down things that might be affecting your fatigue or any progress you have made
- plan your important activities for when you have the most energy
- work out what makes your fatigue better or worse.



How to use this diary

Using this scale of 0 to 10, record your energy levels in the diary:

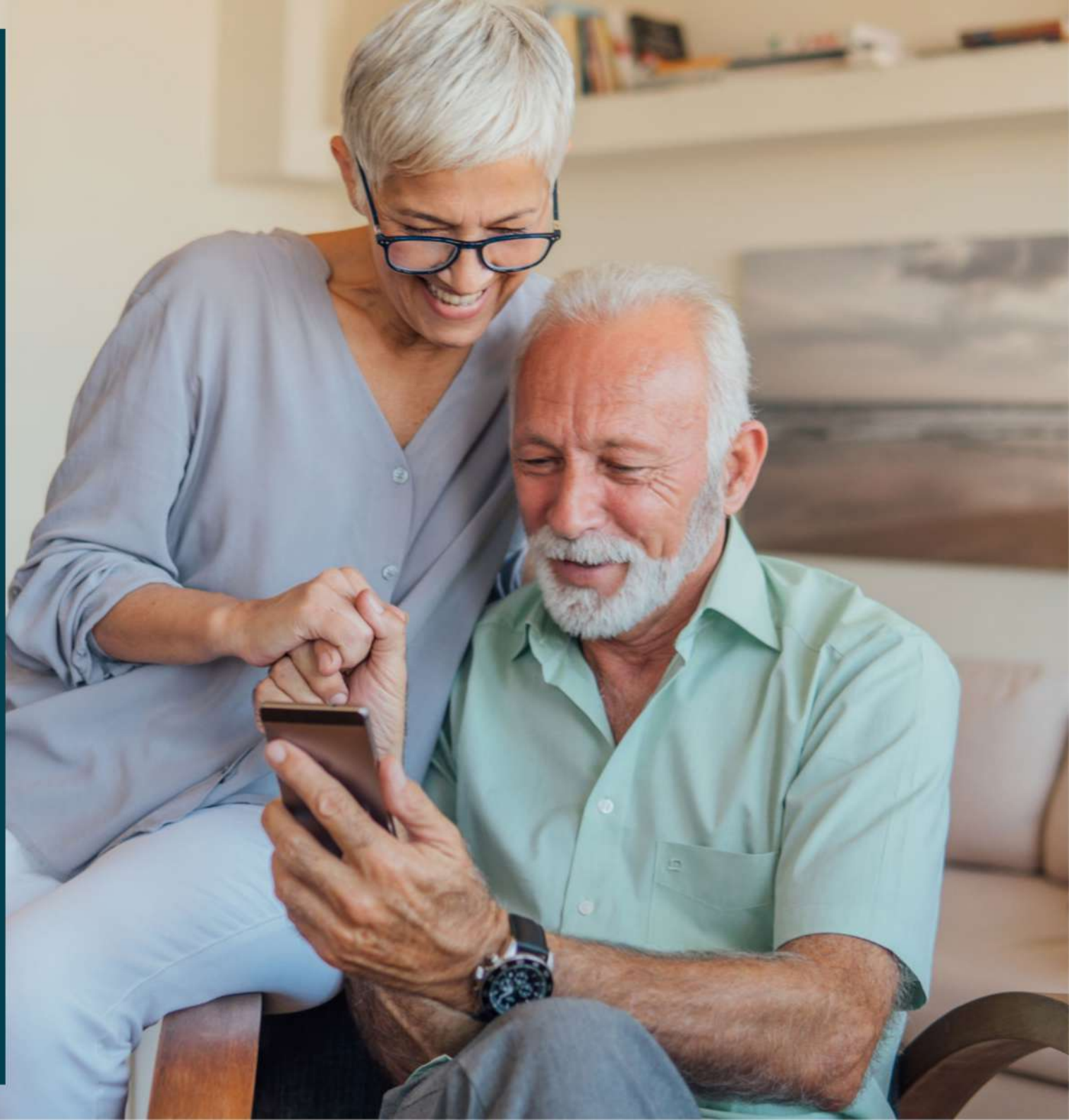
0 No fatigue – able to do all normal activities.

1-3 Mild fatigue – able to do most normal activities.

4-6 Moderate fatigue – able to do some activities but need rest.

7-9 Severe fatigue – difficulty walking or doing activities such as cooking or shopping.

10 Extreme fatigue – needing to sleep or rest all day.



DAY	MORNING (0-10)	LUNCH (0-10)	EVENING (0-10)	TREATMENT OR ACTIVITY	NOTES
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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