

Fatigue Management

Daily Diary

By keeping a daily journal, you can learn important information about your pattern of fatigue, energy levels, and activities which cause you to feel more or less exhausted. In addition to knowing more about your fatigue, this information can help professionals identify the cause or aggravating situations and evaluate the best treatment approach for you.

This journal can be completed by using the rating of 0-10.
0=Best, 10=Worst.

Tip: Maintain a daily/weekly journal to identify changes in energy levels and factors that increase or decrease fatigue.

Scale: 0-10 0=Best 10=Worst	M	Tu	W	Th	F	Sa	Su
Fatigue							
Pain							
Nausea							
Sleep							
Mood							
Appetite							

For more information about fatigue related to medical illness, or the Center for Fatigue in Medical Illness (in NYC), visit the Fatigue Section on: www.stoppain.org and take the Fatigue Survey.