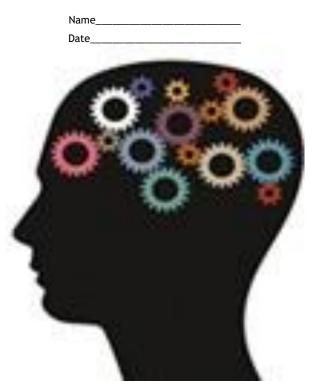
# Fatigue Diary



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### Watch and Learn

Everybody experiences fatigue in a different way. The more you learn about your own fatigue, the better you can manage it. Here are the first 5 tips for understanding your fatigue:

- Indicators how can we tell if we have changed fatigue without some kind of record? Indicators that will be useful are the symptoms you feel alongside the tiredness, as well as the tiredness itself. Pay attention to what those symptoms are. When do they happen (time of day) and how often.
- Quantifiers once you know your indicators, it is helpful to score them in some way, for degree or severity. Perhaps tiredness 1-10 or difficulty concentrating on simple, moderate or complex tasks.
- Triggers then pay attention to activities which might have affected the fatigue. These can be any task, maybe a social encounter, maybe length of time in a concentrated or visual task, maybe a physical exertion.
- Trigger delay/timing if you can correlate a trigger, with a fatigue indicator you might be able to work out the delay in time between the cause and effect.
- Diary now that you have a language for describing, quantifying and interpreting your fatigue, it's time to record it.

# **Diary pages** Day 1

Time	Activity	Any Fatigue	Severity	What
		indicator		helps?
8am	Washed	Tired	6/10	Rest
	and	afterwards		afterwards
	dressed			before
				breakfast
9am	Phone	Poor	Struggled	
	call to	concentration	with steps to	
	school		making cup	
			of coffee	
			- Simple	
			task	

#### Diary Pages Day 2

Time	Activity	Any Fatigue	Severity	What helps?
		indicator		2.1
		19983		
	1			
			the same	
				•
				N
			-	
	-			
	X			
	1		Sur T	

#### Diary Pages Day 3

Time	Activity	Any Fatigue	Severity	What
		indicator		helps?

#### Diary Pages

Time	Activity	Any Fatigue	Severity	What
		indicator		helps?

#### Diary Pages

Time	Activity	Any Fatigue	Severity	What
		indicator		helps?

# Diary Pages

Time	Activity	Any Fatigue	Severity	What
		indicator		helps?
	•			
				·

## Fatigue Severity Scale

			S	Scores			
	1 = Strongly Disagree; 7 = Strongly Agree	ongly	Disagr	ee; 7 =	Stron	gly Ag	ee
1. My motivation is lower when l am fatigued.	1	2	з	4	5	9	7
2. Exercise brings on my fatigue.	1	2	3	4	5	9	7
3. I am easily fatigued.	1	2	3	4	5	9	7
4. Fatigue interferes with my physical functioning.	1	2	з	4	5	9	7
5. Fatigue causes frequent problems for me.	1	2	3	4	5	9	7
<ol><li>My fatigue prevents sustained physical functioning.</li></ol>	1	2	3	4	5	9	7
7. Fatigue interferes with carrying out certain duties and responsibilities.	1	2	3	4	5	9	7
8. Fatigue is among my three most disabling symptoms.	1	2	3	4	5	9	7
9. Fatigue interferes with my work, family, or social life.	H	2	ŝ	4	Ŋ	9	7
							]

### Functional Scale

Identify up to 3 tasks you can not do, or are having trouble doing, score from 0-10 haw well you are able to complete these tasks, where 0 is "not at all" and 10 is "with no difficulty".

Task	Score