

Fatigue Diary

Name_____

Date_____



Sharp Neurological Physiotherapy

sharpneurological.com

07419 779828

Table of Contents

Instructions.....	1
Diary pages	2
Fatigue Severity Scale	8
Functional Scale	9
Notes.....	10

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

Diary Pages
Day 2

Time	Activity	Any Fatigue indicator	Severity	What helps?

Diary Pages Day 3

Time	Activity	Any Fatigue indicator	Severity	What helps?

Diary Pages

Time	Activity	Any Fatigue indicator	Severity	What helps?

Diary Pages

Time	Activity	Any Fatigue indicator	Severity	What helps?

Diary Pages

[illegible]

Fatigue Severity Scale

Scores						
1 = Strongly Disagree; 7 = Strongly Agree						
1. My motivation is lower when I am fatigued.	1	2	3	4	5	6 7
2. Exercise brings on my fatigue.	1	2	3	4	5	6 7
3. I am easily fatigued.	1	2	3	4	5	6 7
4. Fatigue interferes with my physical functioning.	1	2	3	4	5	6 7
5. Fatigue causes frequent problems for me.	1	2	3	4	5	6 7
6. My fatigue prevents sustained physical functioning.	1	2	3	4	5	6 7
7. Fatigue interferes with carrying out certain duties and responsibilities.	1	2	3	4	5	6 7
8. Fatigue is among my three most disabling symptoms.	1	2	3	4	5	6 7
9. Fatigue interferes with my work, family, or social life.	1	2	3	4	5	6 7

Functional Scale

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

Task	Score