

## Using a fatigue diary

Capture as much information as you can. This will help you to identify what might be making your fatigue worse or better. You can then complete the diary again once you have made changes and compare the two to see if the changes have made a difference. Think about marginal gains – they might seem to be insignificant, but if you make two or three changes, the impact could be big. Try to give as much information as you can. This will help you identify what helps and if there is a pattern.

| Time | Activity   | Scale of fatigue<br>0 = no fatigue<br>10 = severe fatigue             | What helps   |
|------|--|---|--|
| 8.00 | <i>Showered, ate breakfast.<br/>Had to go back to bed.</i> | <i>8. If I couldn't have got up at<br/>all it would have been 10.</i> | <i>Accepting that I am fatigued<br/>and showering at a different<br/>point in the day. Maybe before<br/>I go to bed.</i> |
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