Your personal fatigue diary

If you experience fatigue, keeping track of your energy levels can help you tune into your body. Use this fatigue diary to:

- **Learn what times of day you have the most energy.**
- **Notice how different activities affect your level of fatigue.**
- **Understand whether you need to pace yourself more during the week.**

How to use the diary

Print out the fatigue diary on the next page. Fill it in every day, starting on Monday. If you want to track your energy for longer, you can also print and fill in the pages titled 'Week 2', 'Week 3' and 'Week 4'.
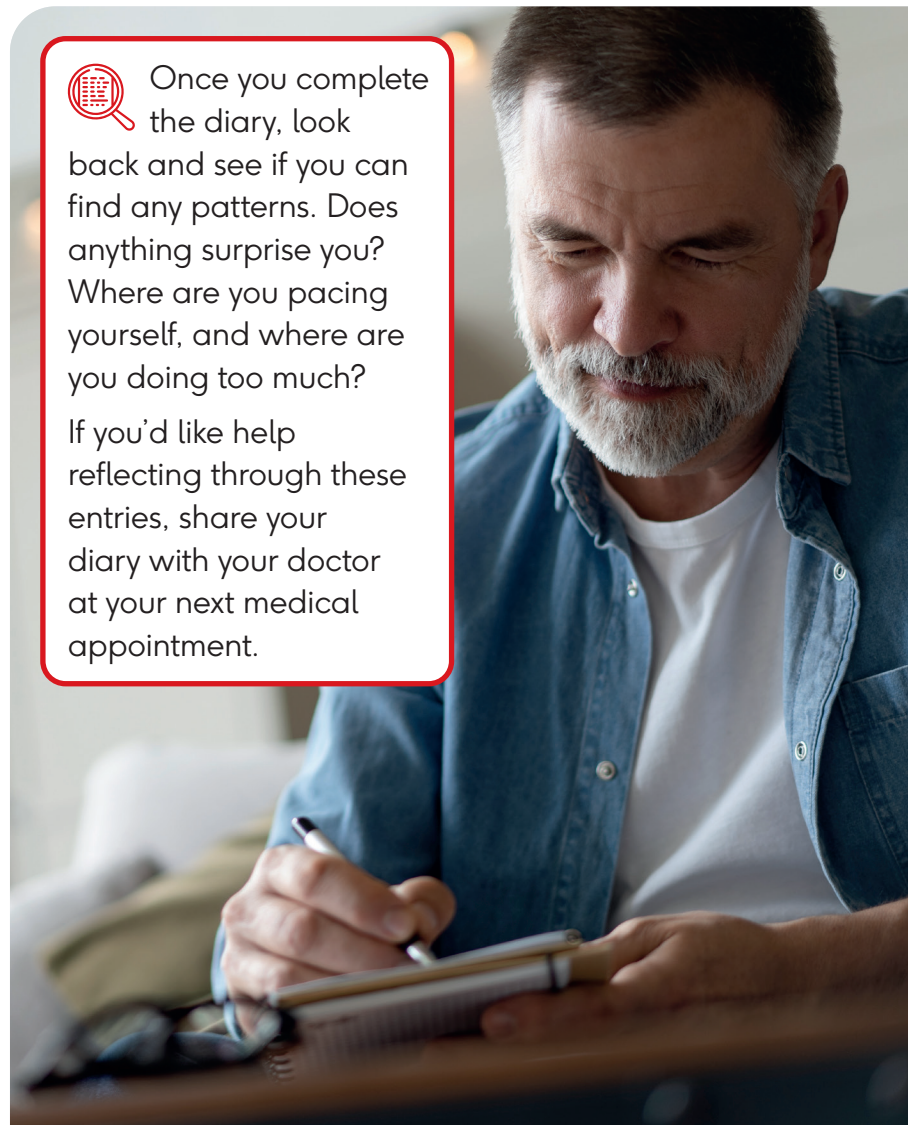
Each day, under the columns 'Morning', 'Afternoon' and 'Evening', note down what you did and how long you did it for. For example, you might put "made breakfast (30 mins)" or "had a nap (20 mins)". You can include anything else that feels relevant, such as your stress levels or emotional state. Then circle the number that most closely matches your level of fatigue in the column titled 'Fatigue level':

1 = **No fatigue** (able to do all types of activity)

2 = **Mild fatigue** (able to do most types of activity)

3 = **Moderate fatigue** (able to do some activities but need breaks in between)

4 = **Severe fatigue** (unable to do most activities)

5 = **Extreme fatigue** (crashed; unable to do anything; spending a lot of time asleep)

Once you complete the diary, look back and see if you can find any patterns. Does anything surprise you? Where are you pacing yourself, and where are you doing too much?

If you'd like help reflecting through these entries, share your diary with your doctor at your next medical appointment.

Week 1

Day	Morning	Fatigue level	Afternoon	Fatigue level	Evening	Fatigue level
Mon		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Tue		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Wed		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Thu		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Fri		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Sat		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Sun		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5

Week 2

British Heart Foundation

Day	Morning	Fatigue level	Afternoon	Fatigue level	Evening	Fatigue level
Mon		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Tue		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Wed		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Thu		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Fri		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Sat		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Sun		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5

Week 3

British Heart Foundation

Day	Morning	Fatigue level	Afternoon	Fatigue level	Evening	Fatigue level
Mon		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Tue		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Wed		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Thu		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Fri		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Sat		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Sun		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5

Week 4

Day	Morning	Fatigue level	Afternoon	Fatigue level	Evening	Fatigue level
Mon		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Tue		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Wed		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Thu		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Fri		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Sat		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5
Sun		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5		Circle: 1 2 3 4 5