

Activity log

A good way to track and report your fatigue is to keep an activity log. An activity log is a list of your activities, the time you do them and for how long, and how you feel during and after them. Keeping an activity log can also help you notice any patterns to your fatigue. For example, are you more tired in the afternoon or the evening? Do you feel more exhausted during a specific daily task, such as emptying the dishwasher? Or is it worse after the task?

Date and time	Activity	How long I did the activity	How I felt during the activity	How I felt after the activity	Level of fatigue (0-10)
May 4 8 AM	Took a shower	20 minutes	A little weak while standing so I used the shower chair	I felt okay once I was dressed and sat down for a couple minutes	2

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Date and time it began	Where I felt it and what it felt like	Pain level (0-10)	What I was doing when it started	Medication taken and time	How long it lasted	Pain level 1 hr after meds	Non-medication things I tried