

FATIGUE DIARY

How to use your fatigue diary

Keeping a daily diary of your energy levels and when you have treatment can help you work out how treatment affects you.

You can use this fatigue diary to record how you feel at different times. You can also use the diary to record your activity. This will help you to keep track of what you do and help you monitor your progress.

You may want to photocopy this diary before you use it so that you have more than one copy to use in the future.

You can also download and print off a blank diary from macmillan.org.uk/fatigue

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Fatigue diary

Each morning and afternoon, put a cross in the box that relates to your energy level on this scale of 1–6:

- 1** No fatigue.
- 2** Mild fatigue – but able to do normal activities.
- 3** Some fatigue – able to do most activities.
- 4** Moderate fatigue – able to do some activities, but need rest.
- 5** Severe fatigue – difficulty walking or doing home activities such as cooking or shopping.
- 6** Extreme fatigue – needing to sleep or rest all day.

Put a cross in the boxes on the days you have treatment (chemotherapy, radiotherapy, hormonal therapy or any other type of treatment). This can show you how treatment affects your energy levels.

Write your haemoglobin (Hb) level in the line marked 'Haemoglobin'. When you're having cancer treatment, the doctors will be checking this regularly and can tell you what your level is.

You can measure your Hb and energy levels in this way and share the information with the health professionals looking after you. They will be able to offer you more effective treatment for fatigue based on your notes.

Day	M		T		W		T		F		S		S	
	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Energy level	1													
	2													
	3													
	4													
	5													
	6													
Treatment														
Haemoglobin														
Other comments														