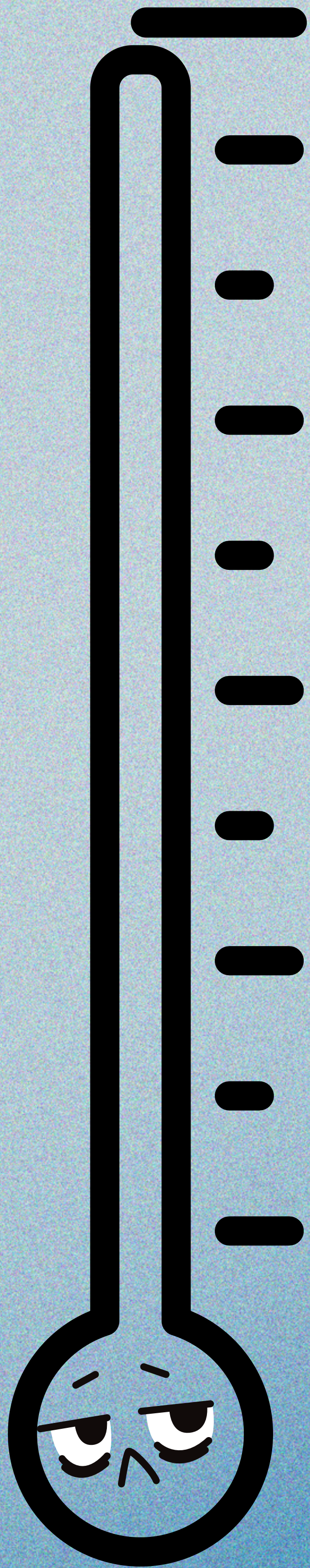


Chronic Fatigue Scale



10. In and out of consciousness, need assistance getting out of bed.

9. Struggling to focus on books or following conversations.

8. Able to sit up in bed and focus for short periods. Need extra naps.

7. Can only operate in short bursts with long rests in between. Hard to focus on tasks at hand.

6. Too tired to go out. Need a “sick day” of easy bedrest. Can prepare light meals, but not much else.

5. Can manage low effort tasks, but only the essentials are getting done.

4. Have to modify tasks and routines, but can still get them done. May choose to skip out on fun activities.

3. Able to participate in normal tasks and activities, but they are more effort and less enjoyable than normal.

2. Everything takes more effort than normal.

1. Able to forget I’m tired if I have enough of a distraction.



Using this tool with your doctor:

Debilitating fatigue can impact your ability to navigate daily life. Having a defined scale allows you to communicate your symptoms clearly with your care team.

You can quickly summarize your fatigue by telling your provider the lowest you’ve been on the scale, the highest, and where you feel you average.