

# Fatigue diary

Each day, 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.

If you 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.

		Week one							Week two							Week three							Week four						
Day		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Energy level	1																												
	2																												
	3																												
	4																												
	5																												
	6																												
Treatment																													
Haemoglobin																													