






Weekly Activity Diary

Use this Diary to record your activities and your fatigue. You may notice a pattern to your fatigue which may allow you to schedule activities for peak energy times. Set a small goal for each week and give yourself that extra incentive to reach your goal with a little reward, maybe a cup of coffee and cake with a friend or treat yourself to a new book. Print off extra copies for each week. For more information, please read the ISCP leaflet 'Coping With Fatigue'.

1.  Can do **most** normal activities
2.  Can do **less than** normal activities
3.  Can do **some** normal activities
4.  Can **hardly** do any activities
5.  Can **not** do any activities

My Goal this week:

I will _____

DATE	TIME	DESCRIBE YOUR FATIGUE TODAY	ACTIVITY	DURATION	HOW YOU FELT DURING OR AFTER ACTIVITY
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

My Reward this week:

I will _____