fatigue DIARY

Each day you can put a cross in the grid in the box that relates to your energy level on the scale of 1 to 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

You can also put a cross in the boxes on the days in which you have treatment (whether chemotherapy, radiotherapy, immunotherapy or any other type of treatment). This can show you how treatment affects your energy levels.

In the line marked haemoglobin you can write your haemoglobin level – when you are having cancer treatment the doctors will be checking your haemoglobin levels regularly and can tell you the result if you ask. If you measure your haemoglobin 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 cancer fatigue.

MONTH		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																													

MONTH		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
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These grids cover three months of cancer treatment. If your treatment is planned to last longer than three months you can make a photocopy before your treatment starts or get another fatigue diary from Cancerbackup.