



Keep track of
your daily energy
levels here

MACMILLAN
CANCER SUPPORT

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. This diary has enough space to record your energy levels for 1 month.

You may want to photocopy this diary before you use it, in case you want more pages later. Or download and print free copies from **macmillan.org.uk/fatigue**

You can use this fatigue diary to:

- see what times of day you have the most energy
- note down things that might be affecting your fatigue or any progress you have made
- plan your important activities for when you have the most energy
- look at your last week and decide if you planned too much or not enough for your next week
- work out what makes your fatigue better or worse.

How to use your diary

Using this scale of 1 to 5, record your energy levels in the diary:

1 No fatigue – able to do all normal activities.

2 Mild fatigue – able to do most normal activities.

3 Moderate fatigue – able to do some activities but need rest.

4 Severe fatigue – difficulty walking or doing activities such as cooking or shopping.

5 Extreme fatigue – needing to sleep or rest all day.

You may want to put a cross or record days you have treatment or do a certain activity. This can help you see how and when treatment affects your energy levels.

We have included some examples of what you might write in your diary. You can see these in the first line of the table.

You can share this information with your cancer doctor or nurse. They will be able to offer you more effective treatment for fatigue, based on your notes.

Day	Morning	Afternoon	Evening	Treatment or activity	Other notes
Monday	1	2	3	Had chemotherapy at 2pm. Or, went for a short walk.	Felt very tired and had a nap. Or, slept better after exercise.
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Day	Morning	Afternoon	Evening	Treatment or activity	Other notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Day	Morning	Afternoon	Evening	Treatment or activity	Other notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Day	Morning	Afternoon	Evening	Treatment or activity	Other notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

My consultant is:

My specialist nurse is:

Contact numbers: _____

Out-of-hours contact number: _____

Will you tell us what you think of this diary?

Visit [surveymonkey.co.uk/r/fatiguediary](https://www.surveymonkey.co.uk/r/fatiguediary)

or scan this QR code:



We're here to help you find your best way through from the moment of diagnosis, so you're able to live life as fully as you can. For information, support or just someone to talk to, call **0808 808 00 00** or **macmillan.org.uk**

This diary is part of Macmillan's booklet **Coping with fatigue (tiredness)**.

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