

# Your fatigue diary



Keep track of your  
daily energy levels

**MACMILLAN**  
CANCER SUPPORT

# Your fatigue diary

Keeping a daily diary of your energy levels can help you work out how treatment and day-to-day activities affect 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](https://www.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 think about if you planned too much or not enough, then use this to plan 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 where you have treatment or do a certain activity. This can help you see how daily activities and treatment affect 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.

<b>Day</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>	<b>Treatment or activity</b>	<b>Other notes</b>
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					

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

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Monday					
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Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

My consultant is: \_\_\_\_\_

My specialist nurse is: \_\_\_\_\_

Contact numbers: \_\_\_\_\_

Out-of-hours contact number: \_\_\_\_\_

At Macmillan, we give people with cancer everything we've got. If you are diagnosed, your worries are our worries. We will move mountains to help you live life as fully as you can.

For information, support or just someone to talk to, call **0808 808 00 00** or visit **macmillan.org.uk**

Would you prefer to speak to us in another language? Interpreters are available. Please tell us in English the language you would like to use. Are you deaf or hard of hearing? Call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

Need information in different languages or formats? We produce information in audio, eBooks, easy read, Braille, interactive PDFs, large print and translations. To order these, visit **macmillan.org.uk/otherformats** or call our support line.



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