

Fatigue diary

Your name

Year	AM											PM											Comments		
	00	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9		10	11
Monday																									
Tuesday																									
Wednesday																									
Thursday																									
Friday																									
Saturday																									
Sunday																									

KEY

B Busy	Busy time; doing a lot, few breaks
M Moderately active	You're active but not madly busy
R Rest	Sitting or lying quietly, reading, watching TV, but not sleeping
S Asleep	Sleeping
C Crash	When fatigue stops you doing anything

NRAS HELPLINE

0800 298 7650

YOUR NHS NUMBER

YOUR HOSPITAL NUMBER

HOSPITAL PHONE NUMBER

Visit www.nras.org.uk/diary to download a PDF version of this diary blank.