



**Wrightington, Wigan and
Leigh Teaching Hospitals**
NHS Foundation Trust

Fatigue Diary NRAS

Version number: **1.0**

Last modified date: **13th June 2026**

Fatigue Diary

Your name: _____

www.nras.org.uk

Year: _____

Day	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

Contact Information

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.



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