

## Fatigue Worksheet

Directions: Check the treatments you have tried already; rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful); and check those treatments you want to try in the future. Using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Pacing			
Reduce activity level			
Take rest breaks			
Use short activity periods			
Switch between high and low intensity tasks			
Make daily and/or weekly plans			
Keep a health log			
Accept the illness			
Treat pain			
Improve sleep			
Exercise			
Use relaxation & other stress reduction strategies			
Address emotions			
Improve nutrition			
Check for medication side effects			
Consider using stimulant medications			

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