Rate your fatigue



A good way to manage your fatigue to start to learn more about it. Start off by charting your fatigue rates for two weeks to a month and then go back and determine what patterns you may see.

Can you see patterns to your fatigue? Do the patterns relate to your activity levels or to specific activities such as doing laundry, changing the beds, doing the grocery shopping or cooking the family meals? Once you can determine which activities are depleting most of your energy, you can begin to delegate those activities to others or redefine your schedule.

Rate your fatigue on a scale of 1-5, with 1 being the lowest and 5 being the highest. Do the same for your pain to determine if there is a correlation between the two. This might signify that when you are over extending yourself, your pain level is also increasing.

Date	Activity	Fatigue Rating	Pain Rating