

PLEASE USE THE FOLLOWING SHEETS TO OUTLINE YOUR ACTIVITIES

Colour Code - BLUE = SLEEP, GREEN = REST, ORANGE = ACTIVITY (Optional)

Rate the energy demands of each activity H = High, M = Medium, L = Low

Please also rate your fatigue levels at the end of each day between 0 and 10 (0 = no fatigue to 10 = completely exhausted)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00							
08.00							
09.00							
10.00							
11.00							
12.00							
13.00							
14.00							
15.00							
16.00							
17.00							
18.00							
19.00							
20.00							
21.00							
22.00							
23.00							
24.00							
Fatigue Level							