

Fatigue diary template

To read more about using a fatigue diary, have a look at the MS International Federation's guide 'Fatigue: an invisible symptom of MS'.

Date:

Describe last night's sleep:

| Time | Description of your activities | Fatigue score* | Comments |
|------|--------------------------------|----------------|----------|
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| | | | |

* 1 = low to high fatigue = 10