



**PROSTATE
CANCER UK**

My fatigue diary

At the start of the week, fill in the weekly planner to help you decide what activities are important to you. At the end of each day, fill in the daily activity diary to help you work out what makes your fatigue better or worse.



Weekly plan

Date _____

Before planning your week, reflect on your priorities. You may like to jot these down below:

What do I need to do this week?

What would I like to do this week? (things that would give me a boost)

Once you have completed these, turn the page to see the weekly planner. Write down when, on what day and at what time of day, you will do the activities you have prioritised above.

Tips:

- turn to your daily activity diary to see when you have most energy
- plan your most important activities for when you have most energy
- plan to do a regular amount of activity each day rather than a lot on any one day, which could leave you feeling washed out
- see how the week goes and review whether you have planned to do too much or not enough.

Weekly planner

Fill this in with the activities you're planning to do.



Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Daily activity diary

Date _____

Please number a box to record your experience of fatigue each day.

(0 = none at all, and 10 = as bad as you can imagine)

It is important to fill this in on a daily basis, rather than at the end of the week.



	Mon	Tues	Wed	Thur	Fri	Sat	Sun
How bad has your fatigue been this week?							
How much distress has fatigue caused you?							
How much disruption has fatigue caused to your daily activities?							
How much disruption has fatigue caused to things you enjoy (e.g. visiting people, hobbies)?							

Please number a box to record how fatigued you have been today.

(0 = not at all fatigued, and 10 = as fatigued as you can imagine)



	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Early morning							
Late morning							
Early afternoon							
Late afternoon							
Early evening							
Late evening							

What activities have you done today? Please tick a box if you did this activity or write activities in 'Other activities'.



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I went to bed before 9pm							
I did not wake up before 10am							
I went to work							
I laid in bed for at least one hour							
I left the house at least once							
I went for a walk							
I exercised							
I visited friends or family							
I did tasks/jobs around the house							



	Other activities
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

For more information on fatigue after prostate cancer, visit prostatecanceruk.org or speak to our Specialist Nurses on 0800 074 8383.