

Diary for managing fatigue (extreme tiredness)

Keeping a diary can help you see what makes your fatigue better or worse. This can help you and your medical team manage your fatigue. Don't feel that you have to fill in every box every day. Just do what you can.

| | Monday | | | Tuesday | | | Wednesday | | | Thursday | | |
|--|--------|----|-----|---------|----|-----|-----------|----|-----|----------|----|-----|
| | am | pm | eve | am | pm | eve | am | pm | eve | am | pm | eve |
| Rate your fatigue from 0 to 10: 0 = no fatigue 10 = worst fatigue you can imagine | | | | | | | | | | | | |
| How did you feel today? (for example, happy, worried) | | | | | | | | | | | | |
| What did you do today? (for example, showered, a short walk) | | | | | | | | | | | | |
| What, if any, treatment did you have today? Include any changes in your care or medicines. | | | | | | | | | | | | |
| Did anything make your fatigue better? | | | | | | | | | | | | |
| Did anything make your fatigue worse? | | | | | | | | | | | | |
| Note anything else relevant (for example, how you slept, problems with digestion, other symptoms) | | | | | | | | | | | | |

| | Friday | | | Saturday | | | Sunday | | |
|--|--------|----|-----|----------|----|-----|--------|----|-----|
| | am | pm | eve | am | pm | eve | am | pm | eve |
| Rate your fatigue from 0 to 10: 0 = no fatigue 10 = worst fatigue you can imagine | | | | | | | | | |
| How did you feel today? (for example, happy, worried) | | | | | | | | | |
| What did you do today? (for example, showered, a short walk) | | | | | | | | | |
| What, if any, treatment did you have today? Include any changes in your care or medicines. | | | | | | | | | |
| Did anything make your fatigue better? | | | | | | | | | |
| Did anything make your fatigue worse? | | | | | | | | | |
| Note anything else relevant (for example, how you slept, problems with digestion, other symptoms) | | | | | | | | | |

Planning your time

Planning your time so that you spread out the things you want or need to do can help you deal with fatigue. It is important to pace yourself and allow regular rests. Don't try to do too much in a day. You can use this table to plan your activities for the week.

| | Morning | Afternoon | Evening |
|-----------|---------|-----------|---------|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |



Read more about fatigue and pancreatic cancer, including what causes fatigue and what can help to manage it on our website: pancreaticcancer.org.uk/fatigue

Did you find this fatigue diary helpful?

Tell us what you think by emailing publications@pancreaticcancer.org.uk