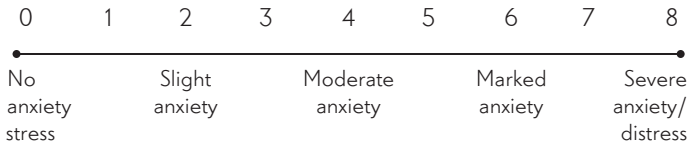


OVERCOMING CHRONIC FATIGUE

Exposure task record

Please record your activities on the opposite page and rate how 'anxious' you feel before, during and after each 'exposure' task, using the scale below.



O/C WORRY, STRESS AND ANXIETY

Date	Time Start/ Finish	Task	Before	During	After	Comments