

OVERCOMING CHRONIC FATIGUE

Activity diary

Week beginning.....

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hours asleep last night							
6-8 a.m.							
8-10 a.m.							
10-11 a.m.							
11 a.m.-12 noon							
12 noon-1 p.m.							
1-2 p.m.							

MONITORING ACTIVITY, REST AND SLEEP

2-3 p.m.							
3-4 p.m.							
4-5 p.m.							
5-6 p.m.							
6-7 p.m.							
7-8 p.m.							
8 p.m.-12 midnight							
Time I went to sleep							