

Cancer & Work Fatigue Tracking Tool

Instructions: For each week, select five typical working days or anticipated typical working days. Print and use the chart below to track your fatigue level. Make sure to input your fatigue scores each part (start, middle, and end) of each day.

Please note: You must either print this PDF to record your fatigue level manually, or save the PDF to your computer.

Not tired at all	A little bit tired	Somewhat tired	Moderately tired	Extremely tired		
0	1	2	3	4		
Mild fatigue		Moderate fatigue		Severe fatigue		
Minimal fatigue symptoms Able to carry out your daily activities (self-care, homemaking, work, leisure, etc)		Symptoms present and cause moderate to high levels of distress Decrease in daily physical activities, some impairment in physical functioning		Significant daily fatigue, excessive need to sit or sleep, severe impairment of daily activities, sudden onset of fatigue, shortness of breath at rest, fast heartbeat, and/or bleeding		
Tracking your fatigue level Enter a number 0-4 for each part of the day		Day 1	Day 2	Day 3	Day 4	Day 5
Week One	Start of day					
	Middle of day					
	End of day					
Week Two	Start of day					
	Middle of day					
	End of day					
Week Three	Start of day					
	Middle of day					
	End of day					
Week Four	Start of day					
	Middle of day					
	End of day					
<p>✔ When the chart is complete, go to http://www.cancerandwork.ca/tools/fatigue-report/ to enter your data that you recorded in your chart and receive your customized report!</p>						