

**Get Help
To Get
ACTIVE**

**One
Life
Suffolk**

***Your fatigue
diary***



onelifesuffolk.co.uk

Your fatigue diary

Keeping track of your energy levels is a great way of monitoring how the amount of physical activity you do affects how you feel. It also allows encourages you to listen to your body and do what you can when it comes to being active.

We have created a diary that allows you to track your energy levels for 12 weeks. If you would like to create more copies, please visit the OneLife Club: onelifesuffolk.co.uk/onelifesuffolkclub/ (Go to the **Get Help To Get Active** section, then go to the **Useful Resources** page)

By completing this fatigue diary, it will allow you to:

- Identify what time of day you have the most energy (e.g., morning, afternoon, or evening)
- See what impacts your energy levels
- Track your progress
- Plan when the best time is for you to do physical activity
- Change your routine based on how you felt the previous week (e.g., if you need to do more or less physical activity)



How to use your fatigue diary

Using a scale of 1 to 5, we recommend that you record your energy levels every morning, afternoon and evening each day. At week 4 and week 12, your Get Help To Get Active practitioner will review this diary with you to check in on your progress.

Levels of fatigue:

- 1. No fatigue** – able to do all types of physical activity
- 2. Mild fatigue** – able to do most types of physical activity
- 3. Moderate fatigue** – able to do some physical activity but need breaks in between
- 4. Severe fatigue** – unable to do any physical activity, struggling to walk or do daily tasks such as cooking, housework or going up the stairs
- 5. Extreme fatigue** – unable to do any physical activity, spending a lot of time asleep or being inactive

It is also important that you note what types of physical activity you have been doing each day and how long you did it for. You may also want to include details about the amount of sleep you are getting, your stress levels and how you feel emotionally.

At the bottom of this page, we have provided an example of the kind of information you might want to include.

If you have any questions about the amount of physical activity you should be doing, please speak with your Get Help To Get Active practitioner. If you are experiencing extreme levels of fatigue, consider speaking to your GP who will be able to offer you more advice.

	Morning	Afternoon	Evening	Physical activity	Any other notes
Monday	1	2	4	30-minute brisk walk in the morning, 20 minutes hoovering around the house, spent 10 minutes unpacking the shopping.	Slept for 8 hours, low stress levels, feeling quite refreshed.

The stages to recovery

On the next two pages, we have listed four stages of recovery which you may experience over the next 12 weeks as you work towards regaining your physical fitness.

You may find that some weeks you progress forward through the stages, and at other times you may go backwards - this is completely normal! These stages are simply to help you track your progress.

Please see page 5 for more information regarding RPE scale.

Phase 1

Goal: In preparation for return to exercise

Duration of phase: Minimum of 7 days

Exercise: 5- 10 minutes of breathing exercises, 10 minutes walking slowly (if able to)

Suggested Rate of Perceived Exertion (RPE):
1 - 2

Progress: After 7 days of completing the exercises, you are experiencing an RPE rating of 1, 2 or 3 comfortably.

Phase 2

Goal: To feel able to partake in low intensity activities, such as walking, light yoga, or light housework or gardening.

Duration of phase: Minimum of 7 days

Exercise: Low impact seated exercises with the aim of increasing your physical activity time by 10 minutes per day, up to 40 minutes.

Suggested Rate of Perceived Exertion (RPE):
1 - 3

Progress: After 7 days of completing the exercises, you are able to walk for 30 minutes, reporting an RPE rating of 4-6.

Phase 3

Goal: To feel able to partake in moderate intensity activity.

Duration of phase: Minimum of 7 days

Exercise: Intervals of 5-minute aerobic exercises with 60-90 second rest between each block, however you may feel you need to increase or decrease depending on how you feel.

Suggested Rate of Perceived Exertion (RPE):
4 - 6

Progress: After 7 days of completing the exercises, you are able to do 30 minutes of moderate activity and feel fully recovered after 60 minutes.

Phase 4

Goal: To feel comfortable taking part in moderate intensity group activities.

Duration of phase: Minimum of 7 days

Exercise: Intervals of 5-10 minute aerobic exercises with 30-60 second rest between each block, however you may feel you need to increase or decrease depending on how you feel.

Suggested Rate of Perceived Exertion (RPE):
4 - 7

Progress: You are active every other day, reporting an RPE rating of 5-6 and your fatigue levels feel normal.

RPE Scale

Rate of perceived exertion

10 /

Max Effort Activity

Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.

9 /

Very Hard Activity

Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.

7 - 8 /

Vigorous Activity

Borderline uncomfortable. Short of breath, can speak a sentence.

4 - 6 /

Moderate Activity

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.

2 - 3 /

Light Activity

Feels like you can maintain for hours. Easy to breathe and carry a conversation.

1 /

Very Light Activity

Hardly any exertion, but more than sleeping, watching TV, etc.

Week 1

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 2

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 3

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 4

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 5

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 6

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 7

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 8

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 9

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 10

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 11

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 12

	Morning	Afternoon	Evening	Physical activity	Any other notes (e.g. sleep quality, stress levels, how do you feel before, during and after each activity)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

One Life Suffolk

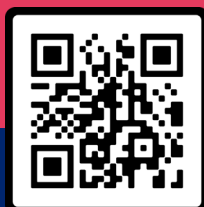
Get Help
To Get
ACTIVE

For more information about our Get Help To Get Active programme, please visit our website:

onelifesuffolk.co.uk/services/get-help-to-get-active/



onelifesuffolk.co.uk



01473 718193

SCAN ME