

Worksheet

Professional Version | US English

Fatigue Activity Diary



Description

Activity diaries are a crucial information-gathering tool. They can be used for activity monitoring during an assessment phase of therapy, symptom monitoring during therapy, correlating activity with symptoms, or activity scheduling as part of behavioral activation. This *Fatigue – Activity Diary* includes spaces to record activity for 1 hour time slots throughout the day as well as space to record levels of fatigue.

Instructions

For *activity monitoring*, clients should be instructed to record their activity in the 1 hour time slots throughout the day, and to record their associated level of fatigue for each time period.

For *activity scheduling*, clients should be instructed to plan and schedule desired activities in advance, to record whether the scheduled activities were completed, and to record their associated level of fatigue.

References

Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford.

Fatigue Activity Diary

Record what you **did** during each time slot.
How much **fatigue** did you experience? Give each activity a rating between 0 and 10.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 – 07:00	F	F	F	F	F	F	F
07:00 – 08:00	F	F	F	F	F	F	F
08:00 – 09:00	F	F	F	F	F	F	F
09:00 – 10:00	F	F	F	F	F	F	F
10:00 – 11:00	F	F	F	F	F	F	F
11:00 – 12:00	F	F	F	F	F	F	F
12:00 – 13:00	F	F	F	F	F	F	F
13:00 – 14:00	F	F	F	F	F	F	F
14:00 – 15:00	F	F	F	F	F	F	F
15:00 – 16:00	F	F	F	F	F	F	F
16:00 – 17:00	F	F	F	F	F	F	F
17:00 – 18:00	F	F	F	F	F	F	F
18:00 – 19:00	F	F	F	F	F	F	F
19:00 – 20:00	F	F	F	F	F	F	F
20:00 – 21:00	F	F	F	F	F	F	F
21:00 – 22:00	F	F	F	F	F	F	F
22:00 – 23:00	F	F	F	F	F	F	F
23:00 – 00:00	F	F	F	F	F	F	F

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Resource details

Title: Fatigue Activity Diary

Type: Worksheet

Language: English (US)

Translated title: Fatigue Activity Diary

URL: <https://www.psychologytools.com/resource/fatigue-activity-diary/>

Resource format: Professional

Version: 20230721

Last updated by: EB

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