



MS Fatigue Tracker

INSTRUCTIONS LOW HIGH

Indicate the date and your energy level by shading the appropriate boxes in the battery icons for each part of the day.

Name: _____

<p>DATE: _____</p> <p> MORNING</p> <p> AFTERNOON</p> <p> EVENING</p> <p>Triggers</p> <p><input type="checkbox"/> Heat</p> <p><input type="checkbox"/> Food</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Overexertion</p> <p><input type="checkbox"/> Sleep quality</p> <p><input type="checkbox"/> Stress/anxiety</p> <p><input type="checkbox"/> Pain/spasticity</p> <p><input type="checkbox"/> Other _____</p> <p>Management</p> <p><input type="checkbox"/> Breathing/meditation</p> <p><input type="checkbox"/> Diet</p> <p><input type="checkbox"/> Exercise</p> <p><input type="checkbox"/> Rest/sleep</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Other _____</p> <p>Notes</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>DATE: _____</p> <p> MORNING</p> <p> AFTERNOON</p> <p> EVENING</p> <p>Triggers</p> <p><input type="checkbox"/> Heat</p> <p><input type="checkbox"/> Food</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Overexertion</p> <p><input type="checkbox"/> Sleep quality</p> <p><input type="checkbox"/> Stress/anxiety</p> <p><input type="checkbox"/> Pain/spasticity</p> <p><input type="checkbox"/> Other _____</p> <p>Management</p> <p><input type="checkbox"/> Breathing/meditation</p> <p><input type="checkbox"/> Diet</p> <p><input type="checkbox"/> Exercise</p> <p><input type="checkbox"/> Rest/sleep</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Other _____</p> <p>Notes</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>DATE: _____</p> <p> MORNING</p> <p> AFTERNOON</p> <p> EVENING</p> <p>Triggers</p> <p><input type="checkbox"/> Heat</p> <p><input type="checkbox"/> Food</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Overexertion</p> <p><input type="checkbox"/> Sleep quality</p> <p><input type="checkbox"/> Stress/anxiety</p> <p><input type="checkbox"/> Pain/spasticity</p> <p><input type="checkbox"/> Other _____</p> <p>Management</p> <p><input type="checkbox"/> Breathing/meditation</p> <p><input type="checkbox"/> Diet</p> <p><input type="checkbox"/> Exercise</p> <p><input type="checkbox"/> Rest/sleep</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Other _____</p> <p>Notes</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>DATE: _____</p> <p> MORNING</p> <p> AFTERNOON</p> <p> EVENING</p> <p>Triggers</p> <p><input type="checkbox"/> Heat</p> <p><input type="checkbox"/> Food</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Overexertion</p> <p><input type="checkbox"/> Sleep quality</p> <p><input type="checkbox"/> Stress/anxiety</p> <p><input type="checkbox"/> Pain/spasticity</p> <p><input type="checkbox"/> Other _____</p> <p>Management</p> <p><input type="checkbox"/> Breathing/meditation</p> <p><input type="checkbox"/> Diet</p> <p><input type="checkbox"/> Exercise</p> <p><input type="checkbox"/> Rest/sleep</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Other _____</p> <p>Notes</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>DATE: _____</p> <p> MORNING</p> <p> AFTERNOON</p> <p> EVENING</p> <p>Triggers</p> <p><input type="checkbox"/> Heat</p> <p><input type="checkbox"/> Food</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Overexertion</p> <p><input type="checkbox"/> Sleep quality</p> <p><input type="checkbox"/> Stress/anxiety</p> <p><input type="checkbox"/> Pain/spasticity</p> <p><input type="checkbox"/> Other _____</p> <p>Management</p> <p><input type="checkbox"/> Breathing/meditation</p> <p><input type="checkbox"/> Diet</p> <p><input type="checkbox"/> Exercise</p> <p><input type="checkbox"/> Rest/sleep</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Other _____</p> <p>Notes</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>DATE: _____</p> <p> MORNING</p> <p> AFTERNOON</p> <p> EVENING</p> <p>Triggers</p> <p><input type="checkbox"/> Heat</p> <p><input type="checkbox"/> Food</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Overexertion</p> <p><input type="checkbox"/> Sleep quality</p> <p><input type="checkbox"/> Stress/anxiety</p> <p><input type="checkbox"/> Pain/spasticity</p> <p><input type="checkbox"/> Other _____</p> <p>Management</p> <p><input type="checkbox"/> Breathing/meditation</p> <p><input type="checkbox"/> Diet</p> <p><input type="checkbox"/> Exercise</p> <p><input type="checkbox"/> Rest/sleep</p> <p><input type="checkbox"/> Medication</p> <p><input type="checkbox"/> Other _____</p> <p>Notes</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Our fatigue tracker can help you identify factors contributing to your MS-related fatigue. By consistently logging how your energy levels are affected on a regular basis, you can gain better insight into:

- **Your unique fatigue patterns:** Determine when fatigue is most prevalent and what activities exacerbate it.
- **Potential triggers:** Identify what causes your fatigue, so you can minimize the effect on your energy levels.
- **Treatments effectiveness/side effects:** Monitor how medications/therapies may be affecting your energy levels.

This information can be valuable for you and your healthcare team.

- **Share this tracker with your neurologist or other members of your care team** during your appointments to discuss your observations and develop a personalized fatigue management plan.
- **Together you can explore potential therapeutic strategies** such as medication adjustments, lifestyle modifications, or complementary therapies like exercise and stress management techniques.

What factors had a positive impact on your fatigue on days when you felt better?

Questions to ask your doctor:

Notes:

HELPFUL TIPS:

Consistency is key: The more diligently you track your fatigue, the more valuable the data will be.

Be patient with yourself: Managing fatigue is an ongoing process. There may be good days and bad days.

Don't hesitate to reach out for support. Connect with other people living with MS through support groups or online communities.