

Supporting Young People with Chronic Fatigue (ME/CFS)

Activity, Rest and Sleep Diary

Week	Morning - AM											Afternoon/Evening - PM												
/ /	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								
Week	Morning - AM											Afternoon/Evening - PM												
/ /	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
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Friday																								
Saturday																								
Sunday																								

This key shows you which colours to use for each level of activity

- High Energy Activity
- Low Energy Activity
- Rest/Chill out time
- Sleep



Contact

For more information on our service, please contact us on 01225 821340

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656 / 826319.