

# Activity, Rest and Sleep Diary

Supporting Young People with Chronic Fatigue (CFS/ME)

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



High Energy Activity



Low Energy Activity



Rest/Chill out time



Sleep