

Fatigue diary template

To read more about using a fatigue diary, have a look at the MS International Federation's guide

'Fatigue: an invisible symptom of MS'.



Time	Description of your activities	Fatigue score*	Comments
			* 1 = low to high fatigue = 10

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Time	Description of your detivities	raligue score	Comments
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www.msif.org/fatigue

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