**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’.**

**Date:**

**Describe last night’s sleep:**

Fatigue score\*

Time

Description of your activities

Comments

\* 1 = low to high fatigue = 10

[www.msif.org/fatigue](http://www.msif.org/fatigue)

[**WWW.MSIF.ORG**](http://WWW.MSIF.ORG/)

Time

Description of your activities

Fatigue score\*

Comments

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