

Using Your Activity Diary

What to Record

Record all physical, cognitive and social activities.

Also record any periods of rest, relaxation or sleep.

It is easier to complete the diary retrospectively initially (following the activity). Ideally, the diary will eventually be used as a planner to allow you to structure in your goals or planned activities.

Rating Pain/ Fatigue Levels

P= Pain, F= Fatigue

Rate these symptoms on a scale of 0-10 (0= “no pain/ fatigue” or 10= “the most pain/ fatigue imaginable”)

You don't have to rate every box- try and complete the scales 3 or 4 times/ day- particularly following a new activity.

It may be useful to calculate an average score of pain/ fatigue for the day (add up your total pain/ fatigue scores and divide by the number of times you completed the scale that day).

It may also be useful to make a note at the bottom of each day whether your sleep quality was the same, better or worse than your current normal level.

Key Messages: Activity diaries have been shown to be useful to analyse the impact of current or new activities on your symptoms.

More effective use of the diary involves using them to plan your days/ weeks in advance to ensure a consistent baseline level.

You may want to design a diary for what you'd like your week to be like in the future - you can set goals in a graded manner to work towards this.