

# FATIGUE ASSESSMENT LOG

**Types of Fatigue**

**PHYSICAL** – Common Signs May Include: No energy, Low endurance, Shortness of Breath, Weakness

**EMOTIONAL** – Common Signs May Include: Irritable, Impatient, Frustrated, Short Tempered

**MENTAL** – Common Signs May Include: Hard to Concentrate, Can't Think Clearly, Inability to Pay Attention, Forgetful

**Rate Your Fatigue Level, Once A Day on a 1 - 5 scale:**

**1 = None    2 = A Little    3 = Some    4 = Moderate    5 = A Great Deal**

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Fatigue Totals
<b>Physical</b>	A.M.								
	P.M.								
<b>Emotional</b>	A.M.								
	P.M.								
<b>Mental</b>	A.M.								
	P.M.								