ARE YOU READY TO DEAL WITH YOUR FATIGUE?

In order to understand your level of fatigue and how well prepared you are to deal with it, please answer these questions now and then keep a record and answer again in three months.

Rate each of your responses using a scale from 1–5, low to high.

1 2 3 (4) 5 Low High

TODAY'S DATE:

DATE IN THREE MONTHS:

1 Low	2	3	4	5 High	1.	How much energy do you have for things you need or want to do?	1 Low	2	3	4	5 High
1 Low	2	3	4	5 High	2.	How would you rate your overall mood?	1 Low	2	3	4	5 High
1 Low	2	3	4	5 High	3.	Rate how well you're able to save your energy by taking breaks when needed and doing chores efficiently.	1 Low	2	3	4	5 High
1 Low	2	3	4	5 High	4.	Rate your awareness of your posture when sitting or standing.	1 Low	2	3	4	5 High
1 Low	2	3	4	5 High	5.	How much power do you think you have to make a difference in the way you feel?	1 Low	2	3	4	5 High