

## Activity diary

Value – the value or importance of the activity you are doing. You can gauge this by comparing it with the activities you would like to do in the course of the day. Satisfaction – the satisfaction you feel with your

performance of the activity. Source: Multiple Sclerosis Council for Clinical Practice Guidelines: 1998

DAY	SUN/MON/TUE/WED/THUR/FRI/SAT	DATE		
<b>DESCRIBE LAST NIGHT'S SLEEP</b>				
<b>ANY OTHER COMMENTS</b>				
FATIGUE	VALUE	SATISFACTION	ACTIVITY	COMMENTS
1 (LOW) – 10 (HIGH)	1 (LOW) – 10 (HIGH)	1 (LOW) – 10 (HIGH)	(NOTE DOWN EXTERNAL TEMPERATURE)	
6.00 - 7.00 am				
7.00 - 8.00 am				
8.00 - 9.00 am				
9.00 - 10.00 am				
10.00 - 11.00 am				
11.00 - midday				

**Activity diary (continued)**

midday- 1.00pm												
1.00pm- 2.00pm												
2.00pm- 3.00pm												
3.00pm- 4.00pm												
4.00pm- 5.00pm												
5.00pm- 6.00pm												
6.00pm- 7.00pm												
7.00pm- 8.00pm												
8.00pm- 9.00pm												
9.00pm- 10.00pm												
10.00pm- 11.00pm												
11.00pm- midnight												