

Energy and Fatigue Tracking Log

This tracking log is designed to help you gain insight into your energy levels and fatigue patterns, providing valuable information for understanding your overall well-being. By monitoring and tracking your energy fluctuations throughout the day, you can identify potential factors that may be impacting your mental and physical health.

Energy and fatigue can play a significant role in your daily life, affecting your mood, motivation, and ability to engage in activities. By becoming more aware of your energy patterns, you can develop a deeper understanding of your body's needs and make informed decisions to support your well-being through nutrition, increased physical activity, and so on.

This log will assist you in recording and analyzing your energy and fatigue levels daily. It provides a structured format for noting your energy levels in the morning, midday, and evening, as well as your overall fatigue level throughout the day. Additionally, you will have the opportunity to identify factors that may influence your energy levels and note any coping strategies you employ.

By tracking your energy and fatigue, you may start to notice patterns and trends that can be explored further in therapy. Sharing this information with your therapist will enable a collaborative exploration of underlying factors, potential triggers, and effective strategies to optimize your well-being.

Note: if you have any concerns about your energy levels, fatigue, or associated symptoms, it is essential to consult with a healthcare professional.

Please fill out the following information each day:

1. Date
2. Rate your energy level upon waking up in the morning, midday, and evening on a scale of 1 to 10, where 1 = extremely low energy, to 10 = highly energized.
3. Rate your general level of fatigue or exhaustion throughout the day on a scale of 1 to 10, where 1 = minimal fatigue, to 10 = extreme fatigue.
4. Identify any factors that may have influenced your energy levels or fatigue, such as sleep quality, physical activity, stress levels, dietary changes, medication, or other factors.
5. Note any strategies or activities you used to manage your energy levels throughout the day (e.g., rest breaks, exercise, mindfulness techniques, and so on).
6. Finally, write down specific points or questions you would like to discuss with your therapist regarding your energy levels and fatigue patterns.

This tracking log can serve as a useful tool for identifying trends, triggers, and potential areas for improvement. By sharing this information with your therapist, you can work collaboratively to explore underlying factors and develop strategies to enhance your overall well-being.

Energy & Fatigue Journal

Date Range: July 2023

Date	Morning Energy Level (1-10)	Midday Energy Level (1-10)	Evening energy Level (1-10)		Factors Affecting Your Energy/Fatigue	Coping Strategies
7/1	4	4	3		Didn't get enough sleep	Took a nap
7/2	5	5	4		Drank 3 cups of coffee in the morning.	Coffee
7/3	2	2	2		Depressed all day	I tried to reach out to others but couldn't find anyone
7/4	1	2	1		Continued to be depressed	Didn't try anything
7/5	4	6	6		I had therapy today and that made gave me a little more pep	I started keeping a journal

Therapy Discussion Points

I want to talk about why I have such a difficult time making friends that I can count on.
