

Track Fatigue & Note Activities Chart

The worst fatigue is a 10, no fatigue is a "0." Track how your child feels throughout the day, especially after being active, or after taking medications or as medications wear off. This may help you find how to best handle exercise and other activities. For instance, 15 minutes of morning exercise when the effects of medications are at their optimum, another 15 minutes during the evening's optimum. Find patterns over multiple days.

		Morning						Afternoon						Evening					
		6 a m	7 a m	8 a m	9 a m	10 a m	11 a m	Noon	1 p m	2 p m	3 p m	4 p m	5 p m	6 p m	7 p m	8 p m	9 p m	10 p m	11 p m
Worst	10																		
	9																		
	8																		
	7																		
	6																		
	5																		
	4																		
	3																		
	2																		
	1																		
None	0																		
	Notes																		