breast cancer fitness

My fatigue diary: week ___

Rate your energy from 0 (exhausted) to 10 (full of energy) at different times of day. Over a week or two, look for patterns, and plan important things for when you usually have most energy. Take this to appointments.

Day	Energy: morning	Energy: afternoon	Energy: evening	Hours of sleep	Activity I did	Rests I took	Treatment or other notes
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

THINGS THAT CAN HELP

· Pace yourself: spread tasks out and balance activity with short rests.
· Keep moving: short, regular walks can reduce fatigue.
· Keep a regular sleep routine.
· Ask your team to check for causes such as anaemia, thyroid problems or low mood.

TELL YOUR TEAM IF

· Fatigue is sudden, severe or getting worse.
· You're also breathless, dizzy or have a racing heart.
· You have a high temperature during treatment: call your 24-hour helpline.
· You feel low or hopeless most days.

General health information, not medical advice. Everyone's treatment is different, so talk to your cancer team about what is right for you.