



Activity and Energy Diary – Example

This sheet shows an example of an Activity and Energy Diary to help you complete your own record of your activities and energy levels.

Time	Activity	Duration	Energy level (0–10)	Notes / Symptoms
7am	Wake up and wash face	15 min	5	Felt sluggish, needed 2 mins sitting before standing
7.30am	Breakfast	20 min	4	Tired, low appetite
8am	Light stretching	10 min	6	Felt slightly better after movement
9am	Work on emails	45 min	3	Very fatigued, frequent breaks
10am	Rest / sit quietly listening to music	20 min	5	Energy started recovering
11am	Short walk outside	15 min	6	Felt refreshed, lungs a bit heavy
12pm	Lunch	30 min	4	Needed rest after eating
1pm	Nap / rest	30 min	7	Woke up slightly better
2pm	Household chores	30 min	3	Felt drained, needed to stop midway
3pm	Tea and quiet reading	20 min	5	Energy stabilizing
4pm	Gentle hobby (drawing)	40 min	6	Enjoyable, didn't overexert
5pm	Prepare dinner	30 min	4	Fatigue ++, sat to prep.
6pm	Dinner	30 min	5	Finding talking with family draining.
7pm	Watch TV	60 min	6	Difficulty concentrating on story.
9pm	Wind down and skincare	20 min	5	Mild fatigue, ready for bed
10pm	Bedtime	—		Woke 4 times in pain, difficulty getting back to sleep.

Tips for using the diary:

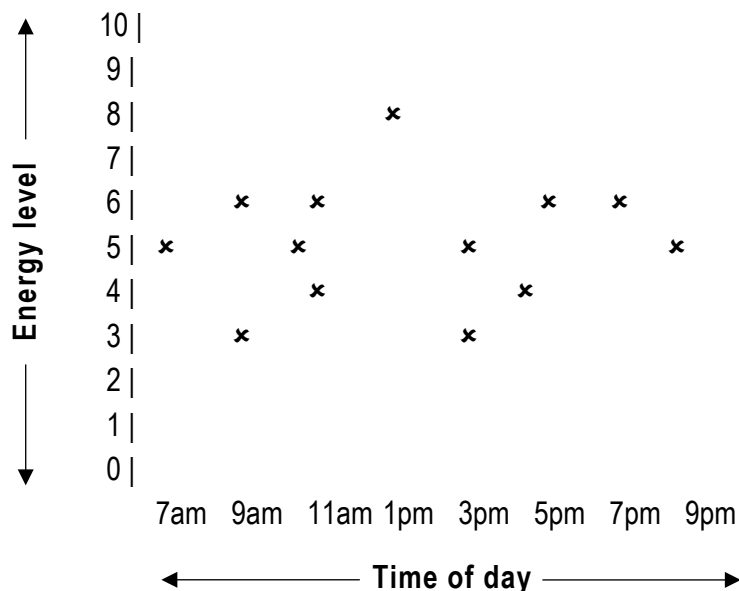
1. **Energy scale:** 0 = completely exhausted, 10 = full of energy.
2. **Consistency:** Fill in every day at the same times to see patterns.
3. **Include breaks:** Even short rests (5 minutes)

It can also help to plot your high and low energy points in a day to see if these are at the same time of day, regardless of activity, or whether your fatigue levels change with activities.

Energy use chart – example

X-axis (along the bottom): The time of day (e.g., 7am → 10pm)

Y-axis: Your energy level (0 = exhausted, 10 = full of energy)



- **Peaks** (e.g., 6–7 on the scale) = higher energy periods.
- **Troughs** (e.g., 3–4 out of 10) = low energy periods.

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Please ask if you need this information in another language or format.

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Next review due: January 2028