

Date: \_\_\_\_\_

# Daily Energy Tracker

Print several copies of this tracker and fill out one at the end of each day. This can help you identify what may be causing or worsening fatigue. You may notice what adjustments you can make to your schedule and habits after a few weeks of completing the tracker. It may also be helpful to show your logs to your doctor, who may be able to identify patterns and recommend changes.

## My Energy Level Today

Place a mark on the scale

## I Had the Most Energy ...

Place a mark on the scale, or check a box  LOW ALL DAY  HIGH ALL DAY

MS Symptoms I Experienced Today: \_\_\_\_\_  
\_\_\_\_\_

## My Pain Level Today

Circle one

## My Symptoms Were the Worst ...

Place a mark on the scale

Non-MS Symptoms I Experienced Today: \_\_\_\_\_  
\_\_\_\_\_

## Last Night I Slept ...

Place a mark on the scale

## My Stress Level Today

Place a mark on the scale

## My Activity Level Today

Place a mark on the scale

## I Was Most Active ...

Place a mark on the scale

## What I Ate Today

Place a mark on the scale

Changes I Will Try to Make Tomorrow: \_\_\_\_\_  
\_\_\_\_\_