

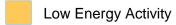
Supporting Young People with Chronic Fatigue (ME/CFS)

## **Activity, Rest and Sleep Diary**

Week	Morning - AM													Afternoon/Evening - PM												
1 1	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11		
Monday																										
Tuesday																										
Wednesday																										
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Sunday																										
Week	Morning - AM												Afternoon/Evening - PM													
1 1	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11		
Monday																										
Tuesday																										
Wednesday																										
Thursday																										
Friday																										
Saturday																										
Sunday																										

This key shows you which colours to use for each level of activity











## Contact

For more information on our service, please contact us on 01225 821340

Email: ruh-tr.paedscfsme@nhs.net

www.ruh.nhs.uk/cfs

Royal United Hospitals Bath NHS Foundation Trust Combe Park, Bath BA1 3NG 01225 428331 <a href="https://www.ruh.nhs.uk">www.ruh.nhs.uk</a>

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email <a href="mailto:ruh-tr.pals@nhs.net">ruh-tr.pals@nhs.net</a> or telephone 01225 825656 / 826319.