Activitity Tracker

NHS
Kent and Medway
ME/CFS and Long Covid Service

cora HEALTH

Tracking your activity, rest and sleep

DATE:	Midnight to midday (Morning)												Midday to midnight (Afternoon/evening)											
	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																								

Mark each hour box with the colour that corresponds to your activity level: sleep, rest, low energy activity, or high energy activity. If you are feeling post-exertional symptom exacerbation/extreme fatigue (crash) mark with an X.

- High energy activity (physically, mentally or emotionally demanding)
- Low or medium energy activity (activities which are less demanding)
- Rest
- Sleep
- X — Post-exertional symptom exacerbation (PESE)/ extreme fatigue (crash)

This tracker was developed from one designed by Arthritis UK.

Types of activities undertaken

Use this space to record examples of the kind of activities you took part in.

What types of high energy activities have you undertaken (physically, mentally or emotionally demanding)? Give some details, eg how far walked, pace walked and for how long?

What types of low or medium energy activities have you undertaken (activities which are less demanding)? Give some details, eg working at a desk, how long for, concentration needed.

How did you rest? For example, meditation, breathing exercises, listening to music.

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