

Name: _____

Fatigue

From 1 to 10, how do you score your fatigue, 10 being worse? YES or NO

Current Fatigue Level (score 1-10)		What makes it better?	
Usual fatigue level since your last visit		What makes it worse?	
Worst level of fatigue since last visit		If you rest does the fatigue improve?	

1) How long does it take the fatigue to begin after physical or mental exertion?

- a) Immediately _____
- b) About one hour _____
- c) From one to three hours _____
- d) More than three hours _____
- e) More than 24 hours _____

2) How long does the fatigue last after physical or mental exertion?

- a) One hour or less _____
- b) From one to three hours _____
- c) More than three hours _____ please specify the # of hours _____

3) Which of the following statements best describes your fatigue during the last month?

- a) _____ I am not able to work or do anything and I am bedridden.
- b) _____ I can walk around the house, but I cannot do light housework.
- c) _____ I can do light housework, but I cannot work part time.
- d) _____ I can only work part-time at work or on some family responsibilities.
- e) _____ I can work full time, but I have no energy left for anything else.
- f) _____ I can work full time and finish some family responsibilities but I have no energy left for anything else.

Pain

Type		Triggered by	
Location		Improves with	
Intensity	Mild / Moderate / Severe	Gets worse with	
Pattern	Constant / intermittent		