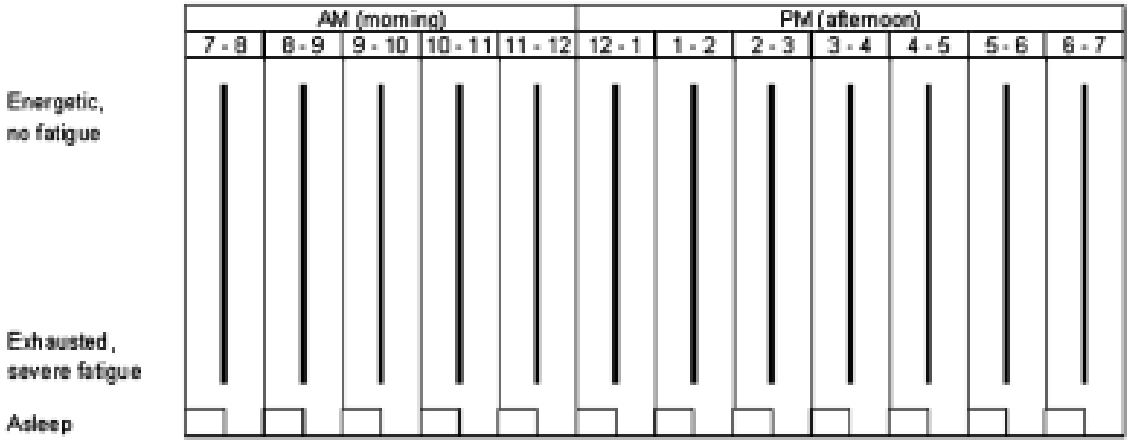
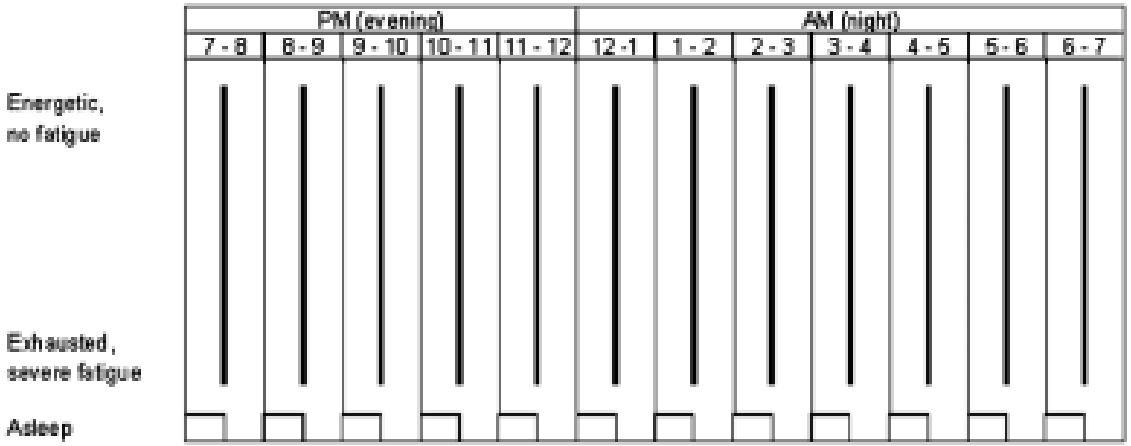
ROCHESTER FATIGUE DIARY

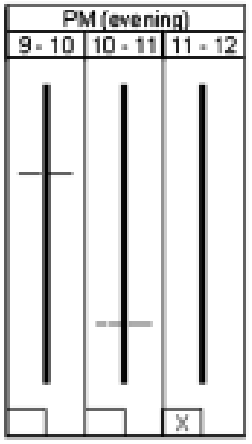
NAME: _____ DATE: _____

Instructions: Please mark a line each hour to rate your average energy level from energetic (high energy no fatigue) to exhausted (low energy, severe fatigue) during a 24 hour period (7 am to 7 am).





EXAMPLE:



The patient has recorded mild fatigue from 9 - 10 pm, substantial fatigue from 10 - 11 pm, and asleep from 11 - 12 pm.

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Schwid SR, Goodman AD, McDermott MP. (1999) Quantifying fatigue severity with a visual analog diary. *Multiple Sclerosis.* (5) p.38 1999;5:S38.