



HI-STEPS

My energy and activity diary

Name:



Your energy and activity diary:

Keeping a track on your energy levels can help you understand how much energy certain tasks use up and will help you use energy effectively by learning about your body and what works for you.

- Each day note down what you did and how long you did it for. Include anything that feels useful, this may include emotional state or stress levels.
- With each activity note down the number that best matches your level of fatigue in the 'energy level' column.

How to score:

- 1 = no fatigue (able to do all the activity)
- 2 = mild fatigue (able to do most of the activity)
- 3 = moderate fatigue (able to do some activity but with breaks in between)
- 4 = severe fatigue (unable to do most activity)
- 5 = extreme fatigue (unable to do anything/needed to sleep)

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Week One:

Priorities:

1

2

3



| Day: | Morning: | Energy level: | Afternoon: | Energy level: | Evening | Energy level: |
|------------|----------|---------------|------------|---------------|---------|---------------|
| Monday: | | | | | | |
| Tuesday: | | | | | | |
| Wednesday: | | | | | | |
| thursday: | | | | | | |
| Friday: | | | | | | |
| Saturday: | | | | | | |
| Sunday: | | | | | | |

what have I tried?



what have I learnt?



what am I pleased about?



what am I concerned about?



what do I need to do next?

Week One:

HI-STEPS

Week Two:

Priorities:

1

2

3

| Day: | Morning: | Energy level: | Afternoon: | Energy level: | Evening | Energy level: |
|------------|----------|---------------|------------|---------------|---------|---------------|
| Monday: | | | | | | |
| Tuesday: | | | | | | |
| Wednesday: | | | | | | |
| thursday: | | | | | | |
| Friday: | | | | | | |
| Saturday: | | | | | | |
| Sunday: | | | | | | |

what have I tried?



what have I learnt?



what am I pleased about?



what am I concerned about?



what do I need to do next?

Week Two: