

## Activity Log

Day	Hours Sleep	Hours Rest	Activities and Events	Symptoms & Severity					Comments	Rating
				Pain	Fatig	Fog	Other			
Mon	7.5	0	am Shopping & cooking pm Work eve Dinner Out	3	3	1			Noisy restaurant	3
Tue	6	1	am Housecleaning pm Work eve Rest, TV	5 3	4 2	3 2	Agitated (4)			2
Wed	6	3	am Rest pm Work eve Rest, Phone, TV	7 5 4	6 4 3	5 4	Headache (4)		left early	1
Thr	8	2	am Rest pm Work eve TV, Internet, TV	3	3	1			Fog after 45 min on net	3
Fri	8.5	1	am pm Work eve TV, Phone	3	3	1				4
Sat	8	2	am Read & rest pm Errands & garden eve Movie	3 6 5	3 5 4	3 4				2
Sun	6	3	am Rest pm Shopping eve TV, phone	4	3	3			Better after rest Sister pregnant	3