

Fatigue Trigger Tracker

Identify what may be contributing to your fatigue patterns

Fatigue can feel unpredictable, but sometimes patterns begin to appear when you pause and look at what was happening before the fatigue started.

This tracker is designed to help you notice situations, activities, routines, or habits that may be contributing to fatigue. By identifying patterns, you can begin making small adjustments that better protect your energy throughout the day.

How to Use This Tracker

Complete this tracker when you notice a fatigue episode, or at the end of the week if you recognize a repeated pattern.

You do not need to track perfectly. The goal is simply to become more aware of what may affect your energy.

Fatigue Episode Log

Date: _____

Time fatigue started: _____

1. What activities or situations seemed to trigger your fatigue?

Examples: long walking, standing, stress, poor sleep, large meals, heat, illness.

2. When do you usually notice fatigue starting during the day?

- Morning
- Midday
- Afternoon
- Evening
- It changes
- Not sure yet

Notes:

3. Where were you when the fatigue started?

Examples: home, work, outside, driving, exercising.

4. What were you doing right before the fatigue started?

Examples: walking, working, cooking, exercising, sitting for a long time.

5. How strong was the fatigue?

Circle one:

1 2 3 4 5 6 7 8 9 10

1 = very mild fatigue

10 = extreme fatigue

6. How long did the fatigue episode last?

Examples: 10–20 minutes, 1 hour, several hours, most of the day.

7. What helped your energy recover?

Examples: rest break, hydration, light movement, snack, cooling down.

8. Have you noticed any patterns in your fatigue?

Examples: afternoon crashes, after long activity, after poor sleep.

Weekly Fatigue Reflection

At the end of the week, take a few minutes to review your answers.

The most common fatigue trigger I noticed was:

Fatigue seemed worse during:

- Morning
- Midday
- Afternoon
- Evening
- After activity
- After poor sleep
- After stress
- After heat exposure
- After meals
- I am not sure yet

One small adjustment I can try next week:

Examples: take a break earlier, shorten activity time, hydrate before walking, plan errands differently, use cooling strategies, rest before symptoms build.

Reminder

This tracker is not about judging yourself or doing everything perfectly. It is about noticing patterns so you can better understand your energy and make small, supportive changes.

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