

MS Daily Activity Diary

Instructions

1. At the top of the day's diary, describe how you slept the night before.
2. Assign a number value from **1 to 10** (1 being very low and 10 being very high) for:
 - Your level of fatigue (**F**).
 - The value or importance of the activity you are doing (**V**).
 - The satisfaction you feel with your performance of the activity (**S**).

You can compute the “value” of an activity by comparing it to other activities you would like to do during the course of the day.

For example:

1 PM: F=7 V=3 S=2

Activity: Fixing lunch standing 15 minutes (hot)

Comment: Blurred vision

3. Always describe the physical work done in the **Activity** section (eg, stood to shower 10 minutes, went up 20 stairs, walked 200 feet).
4. Note the **external temperature** of the environment under **Activity**.
5. List under **Comments** all MS symptoms as they appear or worsen during the day, including cognitive problems, visual problems, weakness, dizziness, dragging foot, pain, numbness, burning, and so forth.
6. Make notes **every hour**.

MS Daily Activity Diary

Name: _____ Date: _____

Describe last night's sleep:

Time	F	V	S	Activity	Comment
6:00 AM					
7:00					
8:00					
9:00					
10:00					
11:00					
12:00 PM					
1:00					
2:00					
3:00					
4:00					
5:00					
6:00					
7:00					
8:00					
9:00					
10:00					
11:00					

Source: Multiple Sclerosis Council for Clinical Practice Guidelines. Fatigue and Multiple Sclerosis: Evidence-based management strategies for fatigue in Multiple Sclerosis. Washington, DC: Paralyzed Veterans of America; 1998.