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**Virtual Telemedicine & Telehealth Services**  
**Functional & Nutritional Medicine**

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**Doctor of Nursing Practice- Family Nurse Practitioner**

## **Fatigue Pattern Tracker**

*A simple way to understand your energy patterns over time*

This tracker is designed for individuals experiencing fatigue who want to better understand patterns related to sleep, activity, and daily routines.

Bring this with you to your appointments to support more informed discussions with your care team.

## Daily Energy and Sleep Tracking

Date

- Sleep Time (Bed / Wake)
- Sleep Quality (1-5)
- Energy Morning (1-5)
- Energy Midday (1-5)
- Energy Evening (1-5)
- Activity Level (Low / Moderate / High)
- Notes (Stress, travel, weather, routine changes)

Track for 7-14 days to begin noticing patterns. There is no need for perfect accuracy. Focus on consistency.



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## **PATTERN REFLECTION**

What Patterns Are You Noticing?

- When is your energy lowest during the day?
- Does sleep quality affect your next day energy?
- Do activity levels change your fatigue later?
- Are there differences across days or environments?

### **Optional Reflection:**

You may begin to notice connections between sleep, activity, and energy levels.

## Preparing to Talk with Your Provider

### Checklist:

- Bring your completed tracker
- Note any changes over time
- Write down questions or concerns

If symptoms are persistent, worsening, or unclear, it is appropriate to follow up with your primary care provider, VA provider, or specialist.

If you experience chest pain, shortness of breath, or fainting, seek emergency care immediately.