

Week Beginning:		The Energy Envelope Log			
		Energy Level	Activity Level	Symptom Level	Comments
Monday	Morning				
	Afternoon				
	Evening				
Tuesday	Morning				
	Afternoon				
	Evening				
Wednesday	Morning				
	Afternoon				
	Evening				
Thursday	Morning				
	Afternoon				
	Evening				
Friday	Morning				
	Afternoon				
	Evening				
Saturday	Morning				
	Afternoon				
	Evening				
Sunday	Morning				
	Afternoon				
	Evening				
	Energy Scale: 1= no energy 10= high energy	Activity Scale: 1=no activity 10=high activity level	Symptom Scale: 1=no symptoms 10=worst symptoms you can imagine		

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