**The Purpose Of This Diary**

This diary is designed to get an overview of what you do across a week or two. It can seem odd to monitor what you are doing in this way. However capturing this detail for a consistent but short period of time, allows us to collect important data to provides a holistic picture of your health. Often we attribute symptoms or flare ups to the most recent thing that just happened or the most obvious thing that may have kicked things off. This diary allows us to look beyond that.

**How To Fill Out The Diary**

The diary should not generally be filled out for beyond a week or two, unless otherwise advised. We don’t want to micromanage or fixate on symptoms. Instead, we want to take a sample amount of time and use that to inform our understanding of how things work together and may interact with each other.

Do not aim to fill this out hour by hour. It will overwhelm you. Instead **pick 3-5 points in the day** to check back over the last 3-4 hours and fill the diary in. Do not extend longer than 3-4 hours as you will forget, but perhaps more importantly, your recall of symptoms and mood, will be influenced by how you are feeling in that moment, rather than how you felt at the time. It’s important we get these ratings as close to they were at the time as possible.

In the boxes write a brief description of what you were doing in the hour or so (e.g. *meeting, wake-up routine, cooking*).

Colour code how much these activities taxed your body. You should think of this as whether the net impact on your body is to replenish or deplete it. For example, you may really enjoy swimming, so it provides you some replenishment, however, due to the physical exertion it also depletes your body. Activities that replenish your body and mind more than they deplete it can be classified as green activities. Activities that may narrowly deplete your mind and body more than they replenish your body can be classified as yellow activities. Finally, activities that clearly deplete your mind and body more than they replenish it, should be classified as red activities. You are the best judge of colour coding. It is not an exact science. Be sure not to underestimate the impact of activities on your mind and body. Colour coding is not reflective on whether you like the task or not, but how it impacts your body system. It follows that activities you don’t like are more likely to deplete you, however activities you like can also do this (e.g. partying or high impact sport).

You may colour in, highlight on word, use a different colour pen to demonstrate the classification. If it is difficult to use colour, you may assign a letter to indicate which (e.g. ‘G’, ‘Y’ or ‘R’). It is best to use colour shading as it can more clearly paint a picture.

Recording when you go to bed, when you fall asleep and if you wake up can also be useful information when working out how fatigue is operating.

**Scoring symptoms** (if relevant)

Give an overall symptom rating out of 0-10 (10 being the most severe) with a letter to relate to which symptom (e.g. b for bladder, c for constipation) for each day

**Scoring Stress**

Give overall stress rating out of 10. You can do

**Example diary**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday  | Saturday | Sunday |
| Stress rating  | 8/10 | 6/10 | 4/10 | 4/10 | 2/10 | 3/10 | 5/10 |
| Symptom rating | 7/10 | 3/10 | 3/10 | 3/10 | 3/10 | 2/10 | 4/10 |
| 6am – 7am | Wake up routine  | Wake up routine  | Wake up routine  | Wake up routine & meditate | Wake up routine & meditate | Sleep | Sleep |
| 7am-8am | Breakfast | Commute | Breakfast | Breakfast | Argument & work | Sleep | Sleep |
| 8am -9am | Emails | Admin | Working | Admin | Meeting | Sleep  | Sleep  |
| 9am – 10am | Working | Working | Working | Admin/procrastinate | Walk | Breakfast & TV | Breakfast & TV |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday  | Saturday | Sunday |
| Stress rating  |  |  |  |  |  |  |  |
| Symptom rating |  |  |  |  |  |  |  |
| 6am – 7am |  |  |  |  |  |  |  |
| 7am-8am |  |  |  |  |  |  |  |
| 8am -9am |  |  |  |  |  |  |  |
| 9am – 10am |  |  |  |  |  |  |  |
| 10am – 11am |  |  |  |  |  |  |  |
| 11am – 12pm |  |  |  |  |  |  |  |
| 12pm – 1pm |  |  |  |  |  |  |  |
| 1pm-2pm |  |  |  |  |  |  |  |
| 2pm-3pm |  |  |  |  |  |  |  |
| 3pm – 4pm |  |  |  |  |  |  |  |
| 4pm- 5pm |  |  |  |  |  |  |  |
| 5pm – 6pm |  |  |  |  |  |  |  |
| 6pm – 7pm |  |  |  |  |  |  |  |
| 7pm – 8pm |  |  |  |  |  |  |  |
| 8pm – 9pm |  |  |  |  |  |  |  |
| 9pm -10pm |  |  |  |  |  |  |  |
| 10pm -11pm |  |  |  |  |  |  |  |
| 11pm – 12am |  |  |  |  |  |  |  |
| 12am – 1am |  |  |  |  |  |  |  |
| 1am – 2am |  |  |  |  |  |  |  |
| 2am – 3am |  |  |  |  |  |  |  |
| 3am -4am |  |  |  |  |  |  |  |
| 4am – 5am  |  |  |  |  |  |  |  |