# Post-Polio Fatigue Log

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Perceived Exertion Scale</th>
<th>Total Steps</th>
<th>Specific Muscle Fatigue</th>
<th>Sleep Quality</th>
<th>Overall Mood</th>
<th>Activities &amp; Steps</th>
<th>Activities that produced Symptoms &amp; Modifications</th>
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<tbody>
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**Perceived Exertion Scale:**

- Very Light
- Somewhat Light
- Fairly Light
- Light
- Fairly Hard
- Hard
- Very Hard
- Hard
- Very, Very Hard

**Sleep Quality:**

- Excellent
- Good
- Fairly Good
- Fairly Poor
- Poor

**Overall Mood:**

- Excellent
- Good
- Fairly Good
- Fairly Poor
- Poor

**Activities & Steps:**

- Specific Muscle Fatigue:
  - Rate as mild-moderate-severe
- Breathing
- Weakness
- Overall Fatigue

**Activities that produced Symptoms & Modifications:**

- Description of activities and modifications that produced symptoms.

**Symptoms:**

- Activity:
- How did you modify?
- How did you do the activity & how were you positioned?

**Activities:**

- Activity:
- How did you modify?
- How did you do the activity & how were you positioned?

**Date:**

- Current date

**Name:**

- Patient's name

**Food:**

- 6 am Food
- Noon Food

**Time:**

- Current time

**Steps:**

- Total steps taken throughout the day

**Exertion:**

- Level of exertion for each activity

**Steps:**

- Total steps taken throughout the day

**Extras:**

- Additional notes or comments about the day's activities and symptoms.