

Courage Kenny Rehabilitation Institute Cancer Rehabilitation Activity and Symptom Log

Keep Track of Your Activity Level and Symptoms

As part of the Courage Kenny Rehabilitation Institute cancer rehabilitation program, you have team members who will help you with your rehabilitation needs.

It is important to start with writing down your current activity level and symptoms for 3 days. This log will help your health care team create your cancer rehabilitation plan.

Please complete your log and bring it to your follow-up physical therapy sessions.

Use the following directions to learn how to fill out the log over the next 3 days. A sample log is on the back.

Step 1

- Write down all activities you do during the day.
- Include all home care, self-care, work and leisure activities.

Step 2

- Write down if you feel tired or fatigued as you do your activities.
- Rate your fatigue on a scale of 0 to 10.
 - A rating of 0 means you are well-rested.
 - A rating of 1 means you have slight tiredness.
 - A rating of 10 means you are completely exhausted and can't function at all.

Step 3

- Write down the number of hours you sleep each night.
- Make a note of any naps you take.

Step 4

- Write down any time you feel pain.
- Rate your pain on a scale of 0 to 10.
 - A rating of 0 means you have no pain.
 - A rating of 1 means you have mild pain.
 - A rating of 10 means you have the worst pain you can imagine.

Step 5

- Record when you eat or drink during the day by putting an "X" in the right column. Write down what you eat and drink in the "comments" box.

Step 6

- Write down the number of steps you take using a pedometer or activity tracker.

Step 7

- Write down any comments or concerns you want to talk about with your cancer rehab team at your next appointment.

(over)

Sample Activity and Symptom Log

Date: June 6			Pedometer Steps: 10,800			
Time	Activity/ Sleep	Fatigue (0-10)	Pain (0-10)	Food	Drink	Comments
1 a.m.	sleep					
2 a.m.	sleep					
3 a.m.	sleep					
4 a.m.	awake	5	5		X	upset stomach
5 a.m.	awake	5	5			upset stomach, took medicine
6 a.m.	sleep					
7 a.m.	sleep					
8 a.m.	stretches, shower, eat	1	1	X	X	one egg, piece of toast with butter and cup of coffee
9 a.m.	work	2	1			
10 a.m.	work	2	1			
11 a.m.	work	2	1			
Noon	lunch	2	0	X	X	cup of soup, crackers, tuna sandwich, cookie, water
1 p.m.	work	0	0			
2 p.m.	work	0	0			felt a little nausea
3 p.m.	work, snack	1	0	X	X	banana and glass of water
4 p.m.	work	1	0			
5 p.m.	walk	3	0			
6 p.m.	eat	3	0	X	X	chicken breast, kale salad, rice, asparagus
7 p.m.	family time	3	1			
8 p.m.	family time	3	1			
9 p.m.	stretches, shower, snack	5	0	X	X	ice cream
10 p.m.	sleep					
11 p.m.	sleep					
Midnight	sleep					