

Cancer Rehabilitation Log

Date:			Pedometer Steps:			
Time	Activity/ Sleep	Fatigue (0-10)	Pain (0-10)	Food	Drink	Comments
1 a.m.						
2 a.m.						
3 a.m.						
4 a.m.						
5 a.m.						
6 a.m.						
7 a.m.						
8 a.m.						
9 a.m.						
10 a.m.						
11 a.m.						
Noon						
1 p.m.						
2 p.m.						
3 p.m.						
4 p.m.						
5 p.m.						
6 p.m.						
7 p.m.						
8 p.m.						
9 p.m.						
10 p.m.						
11 p.m.						
Midnight						

(over)

Date:			Pedometer Steps:			
Time	Activity/ Sleep	Fatigue (0-10)	Pain (0-10)	Food	Drink	Comments
1 a.m.						
2 a.m.						
3 a.m.						
4 a.m.						
5 a.m.						
6 a.m.						
7 a.m.						
8 a.m.						
9 a.m.						
10 a.m.						
11 a.m.						
Noon						
1 p.m.						
2 p.m.						
3 p.m.						
4 p.m.						
5 p.m.						
6 p.m.						
7 p.m.						
8 p.m.						
9 p.m.						
10 p.m.						
11 p.m.						
Midnight						