

MECFS Canterbury Activity Tracker and Symptom Log (x7 days) v02.2025

Date/Day:							
Activities (& time): (e.g., walk, GP visit, phone call, study, shower, made lunch, work,). <i>E.g. – phone call to mum, 20 mins</i>							
Measures: (if available)							
Number of steps							
Waking Heart Rate							
Heart Rate Variability							
Average Resting Heart Rate							
Highest Heart Rate							
Hours of Sleep							
Deep Sleep (time or %)							
Symptoms (0 = none, 5 = a lot)							
Fatigue							
Muscle Weakness							
Unrefreshing Sleep							
Brain fog/cognitive dysfunction							
Sweating or hot/cold intolerance							
Orthostatic Intolerance							
Flu like symptoms (Sore throat, fever, Chills, Muscle ache)							
Gastrointestinal (nausea, IBS)							
Sensory Hypersensitivity							
Low mood/anxiety							
Other							
Overall energy use (0 - 100%) % of how much of your battery you've used at the day's end							
Hours of Upright Activity (approx.)							
PEM/Crash (yes or no)							

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