

ACTIVITY & ENERGY MAP



	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	12 AM
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								

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Chest Heart & Stroke Scotland is not responsible for any issues arising from misuse of this resource.
For more information on managing fatigue, visit: www.chss.org.uk

Updated: May 2025
Next review: May 2028

USING YOUR ENERGY MAP

RED	YELLOW	GREEN	BLUE
High energy activities which need focus, conscious thought, or physical exertion.	Medium energy activities which need some energy, but are not noticeably tiring.	Rest or low energy activities which restore, rather than using up, energy.	Time spent asleep.
<p>Examples include:</p> <ul style="list-style-type: none"> • Working at a desk • Reading a book • Going for a run • Gardening or physical work • Cooking or cleaning • Studying • In-depth conversations 	<p>Examples include:</p> <ul style="list-style-type: none"> • Reading a magazine or short story • Watching a film that's easy to follow • Yoga, pilates, gentle exercise • A relaxed chat • Taking a shower 	<p>Examples include:</p> <ul style="list-style-type: none"> • Listening to music • Sitting in the garden • Taking a relaxing bath <p>In this zone, you're only doing one thing at a time. Multi-tasking automatically pushes activities into the yellow zone.</p>	

Fatigue symptoms are often worse when you do too much, too often. Use this chart to track how much energy you use and when. It can also help you to plan and manage your activity over time.

Colour in the box for each hour of the day to represent the activity you spent **most time** doing that hour. This chart uses four categories of activities. What activity falls into what category may vary slightly between users, but use the following rules to guide you:

Looking back at the colours on your map will show how much you rest, how much sleep you're getting, and when you're active enough to affect your fatigue. You may find that spending lots of time on high-energy activity triggers fatigue symptoms. Look for periods with a lot of red followed by more green and blue than usual – this might mean you've been overdoing it!

This information can guide future activity. We recommend keeping an energy map for 1–2 weeks before trying to set a time limit on how much high-energy activity you do.

Then look back to see how much of each day was spent on high-energy activities. Try to limit yourself to an amount of "red" activities which you have previously kept up for at least three days without symptoms flare-up. If this limit is not preventing symptom flare-ups, reduce it further.

When you have gone at least 4 weeks without a noticeable flare-up, you may want to experiment with adding an hour to your daily limit. Never add more than one hour at a time – slow and steady wins the race!