

- Overwhelming feeling of tiredness
- Not relieved by resting or sleeping
- Not proportional to effort exerted
- Feeling of weakness/heaviness
- Difficult to get motivated
- Difficulty doing the things they want to do or have to do things more slowly
- Difficult to concentrate, think or remember things

Frequency

Varies from day to day, unpredictable

Fatigue descriptors

Lack of energy, Exhaustion, Heavy body, Muscle fatigue, Low motivation, Tiredness, Fatigue

Severity

Primarily in terms of impact on difficulty performing day to day tasks