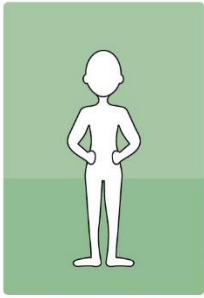
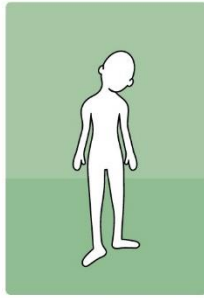


FATIGUE PICTOGRAM

HOW TIRED HAVE YOU FELT OVER THE LAST WEEK?



Not at all tired



A little bit tired



Somewhat tired



Moderately tired

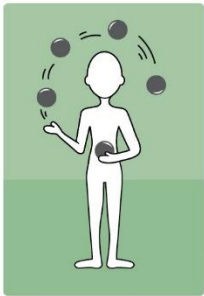


Extremely tired

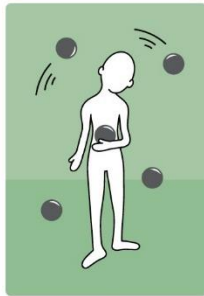


Peter Mac
Peter MacCallum Cancer Centre
Victoria Australia

HOW MUCH DOES FEELING TIRED PREVENT YOU FROM DOING WHAT YOU WANT TO DO?



I can do **everything**
I normally do



I can do **almost**
everything I
normally do



I can do **some**
of the things I
normally do



I do what I **have**
to do






I can do **very little**

Adapted from Fitch, M.I., et al., *The fatigue pictogram: psychometric evaluation of a new clinical tool*. Canadian Oncology Nursing Journal, 2011, 21(4): p. 206. Used with permission.

CAPO DESCRIPTIVE RATING

How tired have you felt over the last week?

No fatigue	 Mild	 Moderate	 Severe fatigue
Normal energy level	You feel a bit more tired than usual You can still do everything you need to do	Fatigue is noticeable and upsetting You do less daily physical activities Work may be affected	You are very tired everyday You often feel a need to sit or rest You may feel puffed Doing daily tasks is very difficult Exercise does not seem possible

NUMERIC RATING

Please circle the number that best shows how tired you were over the PAST WEEK

0 1 2 3 4 5 6 7 8 9 10

No tiredness

Worst possible tiredness