BETWEEN APPOINTMENTS™

CANCER FATIGUE

An energy budget for days when ordinary effort has an extraordinary cost

Why this resource exists

Cancer fatigue is not the same as ordinary tiredness. It can be delayed, disproportionate and difficult to predict.

This sheet helps you decide what deserves today's limited energy without treating rest as failure.

Today's energy budget

My energy this morning: low / uncertain / manageable

One necessary task

One helpful task

One task I can postpone

One thing I can ask someone else to do

What drains me fastest

- ■ Travel
- ■ Heat
- ■ Appointments
- ■ Conversation or visitors
- ■ Work or concentration
- ■ Poor sleep
- ■ Pain
- ■ Trying to appear well

Protect tomorrow

- ■ Stop before I am completely empty
- ■ Eat and drink before I feel depleted
- ■ Leave recovery time after appointments
- ■ Do not stack demanding days where possible
- ■ Notice the cost of a good day without blaming myself

Not a motivation problem

Needing to stop does not mean you lacked determination. It may mean your body reached the limit of what it could safely give today.

Use this sheet as a starting point

You do not need to complete every section. Circle one line, write one name, or use one sentence. Small pieces of clarity are enough for today.

Important

This resource offers practical lived-experience support and does not replace medical, psychological, legal or employment advice. Contact your clinical team or emergency services if you are worried about your health or immediate safety.