

# Brief Fatigue Inventory

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Name: \_\_\_\_\_  
Last First Middle initial

Throughout our lives, most of us have times when we feel very tired or fatigued. Have you felt unusually tired or fatigued in the past week? Yes \_\_\_\_\_ No \_\_\_\_\_

1. Please rate your fatigue (weariness, tiredness) by circling the one number that best describes your fatigue right now.

0 1 2 3 4 5 6 7 8 9 10  
No fatigue As bad as you can imagine

2. Please rate your fatigue (weariness, tiredness) by circling the one number that best describes your usual level of fatigue during the past 24 hours.

0 1 2 3 4 5 6 7 8 9 10  
No fatigue As bad as you can imagine

3. Please rate your fatigue (weariness, tiredness) by circling the one number that best describes your worst level of fatigue during the past 24 hours.

0 1 2 3 4 5 6 7 8 9 10  
No fatigue As bad as you can imagine

4. Circle the one number that describes how, during the past 24 hours, fatigue has interfered with your:

A. General activity

0 1 2 3 4 5 6 7 8 9 10  
Does not interfere Completely interferes

B. Mood

0 1 2 3 4 5 6 7 8 9 10  
Does not interfere Completely interferes

C. Walking ability

0 1 2 3 4 5 6 7 8 9 10  
Does not interfere Completely interferes

D. Normal work (includes work outside the home and daily chores at home)

0 1 2 3 4 5 6 7 8 9 10  
Does not interfere Completely interferes

E. Relations with other people

0 1 2 3 4 5 6 7 8 9 10  
Does not interfere Completely interferes

F. Enjoyment of life

0 1 2 3 4 5 6 7 8 9 10  
Does not interfere Completely interferes