

RECORD OF DAILY ENERGY LEVEL SELF REPORT (ELSR)

- MONDAY — TUESDAY — WEDNESDAY
- THURSDAY — FRIDAY — SATURDAY
- SUNDAY




YEAR _____

MONTH _____

WEEK DATES _____

- ESTIMATE AND PLOT YOUR ELSR SEVERAL TIMES EVERY DAY
- DATE EACH DAY OF THE WEEK



ENERGY LEVEL SELF REPORT ELSR

SELECT HOW YOU FEEL RIGHT AT THIS MOMENT

- 7 FULLY ALERT, WIDE AWAKE**
- 6 VERY LIVELY, RESPONSIVE, BUT NOT AT PEAK**
- 5 OKAY, ABOUT NORMAL**
- 4 LESS THAN SHARP, LET DOWN**
- 3 FEELING DULL, LOSING FOCUS**
- 2 VERY DIFFICULT TO CONCENTRATE, GROGGY**
- 1 UNABLE TO FUNCTION, READY TO DROP**

ADAPTED FROM SAHN-PERELLI FATIGUE SCALE - SAM TR-82-21 ESTIMATING AIR CREW FATIGUE

NOTES