

		<b>Envelope Log</b>			
		Energy Level	Activity Level	Symptom Level	Comments
<b>MON</b>	<b>AM</b>				
	<b>PM</b>				
	<b>EVE</b>				
<b>TUE</b>	<b>AM</b>				
	<b>PM</b>				
	<b>EVE</b>				
<b>WED</b>	<b>AM</b>				
	<b>PM</b>				
	<b>EVE</b>				
<b>THR</b>	<b>AM</b>				
	<b>PM</b>				
	<b>EVE</b>				
<b>FRI</b>	<b>AM</b>				
	<b>PM</b>				
	<b>EVE</b>				
<b>SAT</b>	<b>AM</b>				
	<b>PM</b>				
	<b>EVE</b>				
<b>SUN</b>	<b>AM</b>				
	<b>PM</b>				
	<b>EVE</b>				
Scale: 1 = no energy, no activity or no symptoms 10 = energy of healthy person, high activity level or worst symptoms imaginable					