

# Fatigue Symptoms Checklist

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Physical Symptoms	Mental Symptoms	Emotional Symptoms
<ul style="list-style-type: none"><li><input type="checkbox"/> Yawning repeatedly</li><li><input type="checkbox"/> Heavy eyelids or microsleeps</li><li><input type="checkbox"/> Eye-rubbing</li><li><input type="checkbox"/> Nodding off or head drooping</li><li><input type="checkbox"/> Headaches, nausea or upset stomach</li><li><input type="checkbox"/> Slowed reaction time</li><li><input type="checkbox"/> Lack of energy, weakness or light-headedness</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Difficulty concentrating on tasks</li><li><input type="checkbox"/> Lapses in attention</li><li><input type="checkbox"/> Failure to communicate important information</li><li><input type="checkbox"/> Failure to anticipate events or actions</li><li><input type="checkbox"/> Making mistakes even on well-practiced tasks</li><li><input type="checkbox"/> Forgetfulness</li><li><input type="checkbox"/> Difficulty thinking clearly</li><li><input type="checkbox"/> Poor decision-making</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> More quiet or withdrawn than normal</li><li><input type="checkbox"/> Lack of motivation to do a task well</li><li><input type="checkbox"/> Irritable or grumpy with co-workers, family or friends</li><li><input type="checkbox"/> Low morale</li><li><input type="checkbox"/> Heightened emotional sensitivity</li></ul>