

Keeping on track planner

- My 3 month plan

Factors that trigger/contribute to my fatigue

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Factors that lessen my fatigue

[illegible]

My priority areas for managing fatigue over the next three months

PRIORITY AREA 1

Describe how you intend to work towards this priority

[illegible]

Consider possible barriers/ trouble spots and ways of handling them

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

My priority areas for managing fatigue over the next three months

PRIORITY AREA 2

Describe how you intend to work towards this priority

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Consider possible barriers/ trouble spots and ways of handling them

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

NB: You will probably need to set more than one SMART goal for each priority.