

CANCER FATIGUE ACTION PLAN

A practical plan to rebuild energy without triggering the crash cycle

THE PACING RULE Decide activity by plan, not mood. Good days stay the same size as okay days.

YOUR ENERGY COMEBACK PLAN

EVERY DAY	Move 5-30 minutes, scaled to today	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
	Protein at each meal; water within reach	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
	Keep sleep and wake times consistent; naps short and early	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
	Take 5 minutes for mindfulness, breathing, or quiet outdoors	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
	Pace by plan, not mood	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
TWICE/WEEK	Strength work: bands, bodyweight, or light weights	☐ ☐
ONCE	Ask for fatigue labs; ask about CBT or mindfulness support	☐
	Review every supplement with your oncology team	☐

WEEKLY CHECK-IN

Compared with last week, my energy is: ☐ Better ☐ About the same ☐ Worse

Pattern I noticed: sleep, treatment timing, meals, activity, medications, or mood

ASK YOUR TEAM FOR THESE LABS

- ☐ **CBC** anemia / infection clues
- ☐ **Ferritin** stored iron
- ☐ **B12** deficiency can mimic fatigue
- ☐ **Vitamin D** low levels may add to fatigue
- ☐ **TSH** thyroid function

TAKE-TO-APPOINTMENT SCRIPT

"The SIO/ASCO guideline recommends exercise, CBT, and mindfulness first-line for cancer fatigue. Can we talk about how I access those?"

TRACK YOUR ENERGY

Four weeks of notes can reveal the levers behind your better and harder days.

WEEK 1						WEEK 2					
DATE	ENERGY 1-5	MIN MOVED	SLEEP 1-5	NAPS	NOTES	DATE	ENERGY 1-5	MIN MOVED	SLEEP 1-5	NAPS	NOTES

WEEK 3						WEEK 4					
DATE	ENERGY 1-5	MIN MOVED	SLEEP 1-5	NAPS	NOTES	DATE	ENERGY 1-5	MIN MOVED	SLEEP 1-5	NAPS	NOTES

SUPPLEMENT QUICK REFERENCE

American ginseng	best trial support; ask first	B12 + vitamin D	test, don't guess
Magnesium glycinate	evening support; confirm dose	Skip	L-carnitine and stimulant blends

CALL YOUR CARE TEAM

Urgent now: fever of 100.4 F (38 C) or higher during chemotherapy; severe breathlessness; chest pain; fainting; or a racing heart at rest.

Contact them today for new breathlessness, dizziness, marked pallor, sudden worsening fatigue, infection signs, or concerning mood changes.

Need a personalized fatigue plan? Schedule a virtual consult with Dr. Suzanne McMurphy, ND, FABNO.