

FATIGUE MANAGEMENT PERSONAL APPRAISAL: 2020

Name:

Hoped to achieve:

Progress



QTR. 1

QTR. 2

QTR. 3

QTR. 4

Mindset

Pacing

Nutrition

Movement

Self care

Other:

Biggest learning of the year:

Proudest achievement:

What I shall keep/do more of:

What I plan to be curious about in 2021: