**Supplemental Material A:**

**Tracking the Impact of Good Days/Bad Days and PEM on Functioning**

Understanding good days and bad days is important to Social Security’s decision-making process and also that in ERISA and private disability cases. Patients should complete these forms and give a copy to their physicians.

*These forms have been modified from Dr. Richard Podell’s forms for fibromyalgia, available on the Social Security Worksheet link (forms 3A, B, and C) at* [*http://www.drpodell.org/helpful\_info.shtml*](http://www.drpodell.org/helpful_info.shtml)*.*

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| **WORKSHEET A: Tracking Good Days and Bad Days**  |
| ME/CFS can wax and wane from one day to the next as a person with ME/CFS experiences “bad days” and “good days.” This can significantly affect a patient’s ability to function from day to day and may leave the patient unable to get out of bed or leave the house on bad days and able to do more on good days. “Bad days” often occur when a person with ME/CFS has exceeded his or her limits in the previous day or two. However, bad days also occur unpredictably, without any clear trigger. This unpredictability and inability to tolerate exertion on succeeding days makes work commitments difficult. In recent months for each 30 day period, I typically have had about the following number of bad days \_\_\_\_\_\_ moderate days\_\_\_\_\_\_ good days\_\_\_\_\_\_ (total=30) (Or) For most 7 day weeks, I typically have the following number of bad days \_\_\_\_\_\_ moderate days\_\_\_\_\_\_ good days\_\_\_\_\_\_ (total =7) |

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| **WORKSHEET B: What Can A Patient Do And Not Do on Good Days and Bad Days.** |

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| **WORKSHEET C: What Happens When Patient Tries To Do Too Much.**  |
| 1. Give a specific example of what happened when you did too much on a “bad day” (Include, information about how long ago the incident occurred, what sort of exertion you did that caused a problem, what the exacerbation of symptoms and the crash were like, and about how long did it take you to recover back to your baseline)1. Give a specific example of what happened when you did too much on a “good day”.

3. Do your “bad days” tend to occur most often when you have done too much the day before? Yes\_\_\_\_\_ No\_\_\_\_\_ Example:4. Do “bad days” also occur unpredictably for no obvious reason? Yes\_\_\_\_\_ No\_\_\_\_Example: |