



# DAILY MOMENTUM PLANNER

Do the right tasks at the right time!

October 2017

M	T	W	Th	F	Sa	Su
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Today's Projects		Scheduled Events		Today's Schedule	
What will you focus on today?		What is already planned for today?		When will you do your tasks today?	
Project	Due Date	Time	Event		
1				_____	:00
2				1	:15
3				2	:30
4				3	:45
5				4	:00
<b>Supporting Tasks</b>					
What do you need to do to complete those projects?					
Task	Energy Level	Project			
	1 2 3 4			_____	:00
	1 2 3 4			1	:15
	1 2 3 4			2	:30
	1 2 3 4			3	:45
	1 2 3 4			4	:00
	1 2 3 4			1	:15
	1 2 3 4			2	:30
	1 2 3 4			3	:45
	1 2 3 4			4	:00
	1 2 3 4			1	:15
	1 2 3 4			2	:30
	1 2 3 4			3	:45
	1 2 3 4			4	:00
	1 2 3 4			1	:15
	1 2 3 4			2	:30
	1 2 3 4			3	:45
<b>Emergent Tasks</b>					
Sometimes unplanned tasks pop up! Jot them down here.					
Task	Energy Level	Project			
	1 2 3 4			_____	:00
	1 2 3 4			1	:15
	1 2 3 4			2	:30
	1 2 3 4			3	:45
	1 2 3 4			4	:00
	1 2 3 4			1	:15
	1 2 3 4			2	:30
	1 2 3 4			3	:45
	1 2 3 4			4	:00
	1 2 3 4			1	:15
	1 2 3 4			2	:30
	1 2 3 4			3	:45
<b>Notes</b>					