



# DAILY MOMENTUM PLANNER

Day/Date \_\_\_\_\_

January 2019

M	T	W	Th	F	Sa	Su
31	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

## TODAY'S PROJECTS

What will you focus on?

Project	Due Date	Time	Event
1			
2			
3			
4			
5			

## SCHEDULED EVENTS

What is planned for today?

## TODAY'S SCHEDULE

When will you do your tasks?

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## SUPPORTING TASKS

What do you need to do to complete those projects?

Task	Energy Level ① ② ③ ④	Project

## EMERGENT TASKS

Sometimes unplanned tasks pop up! Jot them down here.

Task	Energy Level ① ② ③ ④	Project

## NOTES
