



WEEKLY MOMENTUM PLANNER

Focus _____

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

MONTHLY OBJECTIVES

What will you accomplish?

Project _____

1 _____

2 _____

3 _____

4 _____

5 _____

WEEKLY DASHBOARD

List the project chunks you will focus on each day.

MONDAY	Priority	Planned Time	Actual Time

THIS WEEK'S PROJECTS

What projects will you focus on?

Project _____

1 _____

2 _____

3 _____

4 _____

5 _____

TUESDAY	Priority	Planned Time	Actual Time

WEDNESDAY	Priority	Planned Time	Actual Time

SCHEDULED EVENTS

What's happening this week?

Day	Time	Event
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

THURSDAY	Priority	Planned Time	Actual Time

FRIDAY	Priority	Planned Time	Actual Time

DEADLINES

What needs to be finished?

Day	Project Chunk	Project
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

SATURDAY & SUNDAY	Priority	Planned Time	Actual Time

