DAILY MOMENTUM PLANNER

Day/Date _____

April 2019

M	T	W	Th	F	St	Sn
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	1	2	3	4	5

TODAY'S PROJECTS
What will you focus on?

	Project	Due Date
1		
2		
3		
4		
5		

SCHEDULED EVENTS
What is planned for today?

Time	Event

TODAY'S SCHEDULE
When will you do your tasks?

:00
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SUPPORTING TASKS
What do you need to do to complete those projects?

	Task	Energy Level	Project
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	

EMERGENT TASKS
Sometimes unplanned tasks pop up! Jot them down here.

	Task	Energy Level	Project
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	
☐		1 2 3 4	
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☐		1 2 3 4	
☐		1 2 3 4	

NOTES

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