DAILY MOMENTUM PLANNER

Day/Date _____

May 2019

M	T	W	Th	F	St	Sn
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

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	
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☐		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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