

Cognitive Management Daily & Weekly Planner

DAILY PLANNER

Date:	
Energy Level (1-10):	
Top 3 Priorities:	
1.	
2.	
3.	
Appointments Today:	
Planned Rest Break Times:	
Notes:	

EVENING REVIEW

What went well today?	
What was difficult?	
Did I overextend my energy?	
What carries over to tomorrow?	

WEEKLY PLANNER

Week of:	
Top 3 Weekly Goals:	
1.	
2.	
3.	
Appointments This Week:	
High Energy Tasks (Schedule Early):	
Low Energy Tasks:	
Accommodations or Supports Needed:	