

Cognitive Management Planner

Daily • Weekly • Cognitive Support Structure

Designed for structured cognitive recovery, return-to-work support, emotional regulation, and fatigue management.

Daily Planner

Date:	
Energy Level (1–10):	
Top 3 Priorities:	
1.	
2.	
3.	
Appointments:	
Planned 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 Goals:	
1.	
2.	
3.	
Appointments This Week:	
High-Energy Tasks (Schedule Early):	
Low-Energy Tasks:	
Supports or Accommodations Needed:	