

WHEN DAILY PLANNER

DATE: _____

MIT: _____

PEAK : _____
time

TROUGH : _____
time

RECOVERY : _____
time

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S 2 BREAKS

#1 : _____
time

#2 : _____
time

_____	_____
_____	_____
_____	_____

3 THINGS I GOT DONE TODAY

#1 _____

#2 _____

#3 _____