Starting energy level	Starting and	ciety level	Today's mood	TIME BLOCKING	DON'T FORGET			
1 2 3 4 3	0 2 3	4 3	8888	SAM	0			
SOCIAL OR SENSORY HANGOVER FROM YESTERDAY				6AM				
O	O	0	0	7AM	DAILY MOVEMENT	DAILY MOVEMENT		
High Medium Low None			None	8AM				
TODAY'S FOCUS								
				9AM				
					SELF-CARE OF THE DAY	SELF-CARE OF THE DAY		
				10AM				
ION NEGOTIABLE TH	INGS I'LL GET	DONE TOD	AY	11AM				
						^ ^ ^ ^ ^ ^ ^ ^ ^		
				12PM	MEALS & HYDRATION	0000000		
					В	L		
REWARD FOR COMPI	ETING NON NE	GOTIABLE	TASKS	1PM	-			
				2PM	D.	S		
				2PM				
ASKS FOR TODAY (5-15MINS)				зрм	FOR TOMORROW	FOR TOMORROW		
O O								
				4PM				
				5РМ				
				6РМ	FINISHING ENERGY LEVEL	① ② ③ ④ ⑤		
PROJECTS IF TIME AND ENERGY PERMIT (30MINS+)				7PM	FINISHING ANXIETY LEVEL	0 2 3 4 6		
	11111							
				8РМ	BRAIN DUMP	BRAIN DUMP		
				9РМ				
ASKS WHERE I NEE	O TO SEEK HEL	P FROM OT	HERS	10PM				
ASKS WHERE I NEED	O TO SEEK HEL	P FROM OT	HERS	10PM				