

DAILY FOCUS & FUNCTION

Date: _____

TOP 3 PRIORITIES (FROG EATING)

BRAIN DUMP / SMALL WINS

COGNITIVE LOAD / ENERGY

Low

1

2

3

4

5

High

DAILY MAINTENANCE

Hydration

Meds/Vitamins

Movement (15m)

Workspace Clear

TIME BLOCKS

08:00

11:00

14:00

17:00

END OF DAY REFLECTION