

# WEEKLY PLANNING TEMPLATE

Plan with energy, not perfection

Week of: \_\_\_\_\_ Energy forecast:  Low  Medium  High

Top 3 priorities:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Monday**

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**Tuesday**

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**Wednesday**

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**Thursday**

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**Friday**

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**Saturday**

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**Sunday**

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**Body doubling / support planned:**

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**Notes / adjustments:**

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Plan lightly. Adjust often.