Low-Spoons & Chronic Fatigue Daily Pacing Planner for

2-PAGE CORAL & EMERALD EDITION PDF



8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	
8:00	
9:00	

- ○ Top priority
- ○ Second
- ○ Third
- ○ Call
- ○ Email
- ○ Errand
- ○ Water
- ○ Focus sprint
- ○ Walk

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#1 #2 #3 #4

#5 #6 #7 #8

#9 #10 #11 #12

#13 #14 #15 #16

NOTES