# Low-Spoons & Chronic Fatigue Daily Pacing Planner for

## ARTISTS & DESIGNERS

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

- [ ] Top priority
- [ ] Second
- [ ] Third
- [ ] Walk
- [ ] Email
- [ ] Water
- [ ] Call
- [ ] Focus sprint
- [ ] Read



# Low-Spoons & Chronic Fatigue Daily Pacing Planner for

ARTISTS & DESIGNERS

#1 #2 #3 #4

#5 #6 #7 #8

#9 #10 #11 #12

#13 #14 #15 #16

## NOTES