



Mental Energy Planner™

Match your tasks to the times when your mind has the most capacity.



Mental energy can shift across the day. Plan around the pattern you have today, not the day you think you should have.

DATE: _____

LAST NIGHT'S SLEEP:

☐ Restful ☐ Mixed ☐ Poor

MENTAL ENERGY RIGHT NOW:

☐ Low ☐ Medium ☐ High

	MY ENERGY	BEST USE OF THIS TIME	WHAT I WILL DO	SUPPORT I MAY NEED
MORNING	☐ Low ☐ Medium ☐ High	Focus • Routine • Rest	_____	Food • Water • Break Quiet • Movement
MIDDAY	☐ Low ☐ Medium ☐ High	Focus • Routine • Rest	_____	Food • Water • Break Quiet • Movement
AFTERNOON	☐ Low ☐ Medium ☐ High	Focus • Routine • Rest	_____	Food • Water • Break Quiet • Movement
EVENING	☐ Low ☐ Medium ☐ High	Focus • Routine • Rest	_____	Food • Water • Break Quiet • Movement

Protect My Best Thinking Time

- 1 My most important thinking task: _____
- 2 The best time for it: _____
- 3 One distraction I can reduce: _____



FOCUS TASKS

Planning, writing,
decisions, learning



ROUTINE TASKS

Email, errands,
organizing, familiar
chores



RECOVERY

Meals, breaks, quiet,
movement, connection

My Minimum-Viable Day

If energy is limited, what truly needs to happen?

☐ _____

☐ _____

☐ _____



Gentle Reminder

Low-capacity days are information,
not failure. Adjust the plan when sleep,
symptoms, stress or illness change.



Martine's Midlife Wellness Tip

Save your clearest hour for work that
requires judgment. Routine tasks can
often wait for lower-energy periods.