

Date: _____

Selective Focus Planner

Where	When	Planned Activity	Check off	or Write in Actual Activity	Notes
	0:00:00				
	0:05:00				
	0:10:00				
	0:15:00				
	0:20:00				
	0:25:00				
	0:30:00				
	0:35:00				
	0:40:00				
	0:45:00				
	0:50:00				
	0:55:00				
	1:00:00				
	1:05:00				
	1:10:00				
	1:15:00				
	1:20:00				
	1:25:00				
	1:30:00				
	1:35:00				
	1:40:00				
	1:45:00				
	1:50:00				
	1:55:00				
	2:00:00				
	2:05:00				
	2:10:00				
	2:15:00				
	2:20:00				
	2:25:00				
	2:30:00				
	2:35:00				
	2:40:00				
	2:45:00				
	2:50:00				
	2:55:00				
	3:00:00				
	3:05:00				
	3:10:00				
	3:15:00				
	3:20:00				
	3:25:00				
	3:30:00				
	3:35:00				
	3:40:00				
	3:45:00				
	3:50:00				
	3:55:00				
	4:00:00				
	4:05:00				

Date: _____

Selective Focus Planner

Where	When	Planned Activity	Check off	or Write in Actual Activity	Notes
	4:10:00				
	4:15:00				
	4:20:00				
	4:25:00				
	4:30:00				
	4:35:00				
	4:40:00				
	4:45:00				
	4:50:00				
	4:55:00				
	5:00:00				
	5:05:00				
	5:10:00				
	5:15:00				
	5:20:00				
	5:25:00				
	5:30:00				
	5:35:00				
	5:40:00				
	5:45:00				
	5:50:00				
	5:55:00				
	6:00:00				
	6:05:00				
	6:10:00				
	6:15:00				
	6:20:00				
	6:25:00				
	6:30:00				
	6:35:00				
	6:40:00				
	6:45:00				
	6:50:00				
	6:55:00				
	7:00:00				
	7:05:00				
	7:10:00				
	7:15:00				
	7:20:00				
	7:25:00				
	7:30:00				
	7:35:00				
	7:40:00				
	7:45:00				
	7:50:00				
	7:55:00				
	8:00:00				
	8:05:00				
	8:10:00				
	8:15:00				

Date: _____

Selective Focus Planner

Where	When	Planned Activity	Check off	or Write in Actual Activity	Notes
	8:20:00				
	8:25:00				
	8:30:00				
	8:35:00				
	8:40:00				
	8:45:00				
	8:50:00				
	8:55:00				
	9:00:00				
	9:05:00				
	9:10:00				
	9:15:00				
	9:20:00				
	9:25:00				
	9:30:00				
	9:35:00				
	9:40:00				
	9:45:00				
	9:50:00				
	9:55:00				
	10:00:00				
	10:05:00				
	10:10:00				
	10:15:00				
	10:20:00				
	10:25:00				
	10:30:00				
	10:35:00				
	10:40:00				
	10:45:00				
	10:50:00				
	10:55:00				
	11:00:00				
	11:05:00				
	11:10:00				
	11:15:00				
	11:20:00				
	11:25:00				
	11:30:00				
	11:35:00				
	11:40:00				
	11:45:00				
	11:50:00				
	11:55:00				
	12:00:00				
	12:00:00				
	12:05:00				
	12:10:00				
	12:15:00				
	12:20:00				

Date: _____

Selective Focus Planner

Where	When	Planned Activity	Check off	or Write in Actual Activity	Notes
	12:25:00				
	12:30:00				
	12:35:00				
	12:40:00				
	12:45:00				
	12:50:00				
	12:55:00				
	1:00:00				
	1:05:00				
	1:10:00				
	1:15:00				
	1:20:00				
	1:25:00				
	1:30:00				
	1:35:00				
	1:40:00				
	1:45:00				
	1:50:00				
	1:55:00				
	2:00:00				
	2:05:00				
	2:10:00				
	2:15:00				
	2:20:00				
	2:25:00				
	2:30:00				
	2:35:00				
	2:40:00				
	2:45:00				
	2:50:00				
	2:55:00				
	3:00:00				
	3:05:00				
	3:10:00				
	3:15:00				
	3:20:00				
	3:25:00				
	3:30:00				
	3:35:00				
	3:40:00				
	3:45:00				
	3:50:00				
	3:55:00				
	4:00:00				
	4:05:00				
	4:10:00				
	4:15:00				
	4:20:00				
	4:25:00				
	4:30:00				

Date: _____

Selective Focus Planner

Where	When	Planned Activity	Check off	or Write in Actual Activity	Notes
	4:35:00				
	4:40:00				
	4:45:00				
	4:50:00				
	4:55:00				
	5:00:00				
	5:05:00				
	5:10:00				
	5:15:00				
	5:20:00				
	5:25:00				
	5:30:00				
	5:35:00				
	5:40:00				
	5:45:00				
	5:50:00				
	5:55:00				
	6:00:00				
	6:05:00				
	6:10:00				
	6:15:00				
	6:20:00				
	6:25:00				
	6:30:00				
	6:35:00				
	6:40:00				
	6:45:00				
	6:50:00				
	6:55:00				
	7:00:00				
	7:05:00				
	7:10:00				
	7:15:00				
	7:20:00				
	7:25:00				
	7:30:00				
	7:35:00				
	7:40:00				
	7:45:00				
	7:50:00				
	7:55:00				
	8:00:00				
	8:05:00				
	8:10:00				
	8:15:00				
	8:20:00				
	8:25:00				
	8:30:00				
	8:35:00				
	8:40:00				

Date: _____

Selective Focus Planner

Where	When	Planned Activity	Check off	or Write in Actual Activity	Notes
	8:45:00				
	8:50:00				
	8:55:00				
	9:00:00				
	9:05:00				
	9:10:00				
	9:15:00				
	9:20:00				
	9:25:00				
	9:30:00				
	9:35:00				
	9:40:00				
	9:45:00				
	9:50:00				
	9:55:00				
	10:00:00				
	10:05:00				
	10:10:00				
	10:15:00				
	10:20:00				
	10:25:00				
	10:30:00				
	10:35:00				
	10:40:00				
	10:45:00				
	10:50:00				
	10:55:00				
	11:00:00				
	11:05:00				
	11:10:00				
	11:15:00				
	11:20:00				
	11:25:00				
	11:30:00				
	11:35:00				
	11:40:00				
	11:45:00				
	11:50:00				
	11:55:00				
	12:00:00				