One-page day for busy brains

A low-friction daily page: dump everything out, pick three must-dos, estimate times, and plan a body-doubling or focus slot.

NAME

DATE

BRAIN DUMP (EVERYTHING, NO ORDER)

THREE MUST-DOS

Must-do	Time guess	Time it took	Done
			☐
			☐
			☐

FOCUS OR BODY-DOUBLING SLOT (TIME, PLACE, WHO)

REWARD WHEN DONE

WATER, FOOD, MEDS, MOVEMENT

One thing I did today, however small: