BRAIN FOG PLANNER

PREVIEW

A digital product for people living with chronic illness

Created by Kale Vine | kalevine.com

YOU ARE PREVIEWING PAGES FROM THIS PRODUCT

The full interactive PDF includes all sections listed inside.
Every field is typeable. Print it or fill it digitally.

$12 CAD
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BRAIN FOG PLANNER -- PREVIEW

You are looking at sample pages from the full product.

Brain fog is not laziness. It is a real physiological symptom affecting memory, processing speed, word-finding, and decision-making. It is experienced by people with ME/CFS, fibromyalgia, Long COVID, lupus, MS, POTS, and many other chronic conditions. This planner is built around reducing cognitive load -- so your limited mental energy goes toward what matters. Below are real sample pages from the full planner.

EVERYTHING IN THE FULL VERSION

- v What brain fog actually is -- the neuroscience, explained simply
- v My Brain Fog Profile -- what it looks like specifically for you
- v My Cognitive Baseline -- your personal reference point
- v Daily Gentle Structure Planner -- low-demand, low-decision daily pages
- v The Task Simplifier -- break anything into steps small enough to start
- v My Memory Aids System -- build an external system that actually works
- v Cognitive Load Tracker -- know which tasks hit you hardest
- v Brain Fog Communication Scripts -- for doctors, work, and loved ones
- v Weekly Cognitive Overview -- see patterns across the week
- v My Brain Support Toolkit -- document everything that helps

Sample pages from the full planner are on the following pages.

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SAMPLE PAGE: DAILY GENTLE STRUCTURE PLANNER

A low-demand framework. You do not have to figure out what comes next.

This planner is designed for brain fog days. It is not a productivity system. It is a structure that takes decisions off your plate so your limited cognitive energy goes toward what actually matters. The goal is not to do more. The goal is to have a framework so you do not have to build one from scratch every single morning when your brain is already struggling.

Date

Brain fog level today (0-10)

Sleep last night (hours and quality)

How I feel waking up (brief)

The one thing that would make today feel okay (just one -- keep it small)

MORNING BLOCK (your best cognitive window -- protect it)

Task 1 -- the thing that needs the most thinking (keep it short)

Task 2 -- second priority (optional, only if task 1 is done)

Break planned at (time)

Break type (rest / food / quiet / short walk)

MIDDAY BLOCK (moderate demand, simple tasks only)

Task 1 -- low-demand, low-decision

Task 2 -- optional, only if energy allows

What I will eat today (pre-decide so I do not have to think about it later)

AFTERNOON AND EVENING (rest and restore)

Rest activity (quiet music, lying down, gentle stretching)

Brain fog level end of day (0-10)

Did I do enough today? (Yes / No -- both are okay)

Brief note about today -- even one sentence counts

Full daily planner in the complete version -- kalevine.com/shop
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SAMPLE PAGE: THE TASK SIMPLIFIER

Break anything into small enough pieces to actually start.

Brain fog makes tasks feel impossibly large. The task simplifier works by breaking any task into steps that require only one decision or one action each. The goal is to get the task small enough that starting becomes possible. Because starting is usually the hardest part. The full planner includes 6 task simplifier entries across two pages.

TASK 1

Task: What needs to happen? (write it as one sentence)

Step 1 -- the very first physical action (e.g., "open laptop" or "pick up phone")

Step 2

Step 3

Step 4

Step 5 (add more if needed)

Total time estimate

Cognitive demand: Low / Medium / High

TASK 2

Task: What needs to happen? (write it as one sentence)

Step 1 -- the very first physical action (e.g., "open laptop" or "pick up phone")

Step 2

Step 3

Step 4

Step 5 (add more if needed)

Total time estimate

Cognitive demand: Low / Medium / High

4 more task simplifier entries in the full planner -- kalevine.com/shop

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SAMPLE PAGE: BRAIN FOG COMMUNICATION SCRIPTS

Words for when finding words is the problem.

One of the most frustrating things about brain fog is trying to explain it while it is happening. These scripts give you pre-written language for the conversations that matter most -- your doctor, your workplace, your loved ones. Adjust them to sound like you, when you are well, so they are ready when you are not.

EXPLAINING BRAIN FOG TO SOMEONE WHO HAS NEVER HEARD OF IT

Try starting with: "Brain fog is a real symptom of my condition. It means my brain is not processing clearly right now -- not because I am not paying attention or do not care, but because my nervous system is under load. I might lose words, forget what I just said, or need things repeated. It is not personal and it is not something I can push through by trying harder."

My version of this explanation in my own words

FOR YOUR DOCTOR

How I describe my cognitive symptoms to my doctor -- specific and detailed

Questions I want to ask my doctor about my brain fog

Work, school, and family scripts in the full planner -- kalevine.com/shop

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