Glitch's Cozy Quest Planner

A cozy little place for
quests, stats, self-care & play



Name: _____ **Level:** _____

Daily Quest Dashboard

Date: _____

Morning	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
Evening	

Today's Quests

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

XP Earned

Mood

○ ○ ○ ○ ○

Top Priority

_____

Notes

Weekly Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly Focus

Must-Do Quests

Appointments / Events

Weekly Reward

XP & Stats Tracker

XP Progress

Current Level: **Total XP:**

XP Log

Date	Quest / Activity	XP	Notes

Stats

- Focus
- Energy
- Creativity
- Courage
- Kindness
- Cozy

Streaks & Milestones

Level-Up Notes

Quests & Rewards

Quest Board

Quest	XP	Due
○		
○		
○		
○		
○		
○		

Side Quests

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

Rewards Shop

Reward	Cost	Claimed
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Loot / Treats Unlocked

Next Adventure

Wellness Log

Sleep

Water

Movement

Meals

Mood

Outside Time

How I'm Feeling

Gentle Win

Gaming Log

Game

Session

Time Played

Quest / Achievement

Mood

Favorite Moment

Game Notes

Next Play Goal