# Time Blocking Planner

Block out your day - assign each time slot to one task and protect your focus.

**Name:** _____ **Date:** _____

## Schedule

| | |
|---|---|
| 7:00 am | |
| 7:30 am | |
| 8:00 am | |
| 8:30 am | |
| 9:00 am | |
| 9:30 am | |
| 10:00 am | |
| 10:30 am | |
| 11:00 am | |
| 11:30 am | |
| 12:00 pm | |
| 12:30 pm | |
| 1:00 pm | |
| 1:30 pm | |
| 2:00 pm | |
| 2:30 pm | |
| 3:00 pm | |
| 3:30 pm | |
| 4:00 pm | |
| 4:30 pm | |
| 5:00 pm | |
| 5:30 pm | |
| 6:00 pm | |
| 6:30 pm | |
| 7:00 pm | |
| 7:30 pm | |
| 8:00 pm | |
| 8:30 pm | |

## Top priorities

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## Notes

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