

CLASSIC TIME BLOCKING TEMPLATE

DATE: \_\_\_\_\_  
S M T W T F S

| MY TIME BLOCKS | 3 MUST-DO'S         |
|----------------|---------------------|
| 06:00          |                     |
| 07:00          |                     |
| 08:00          |                     |
| 09:00          | OTHER TO-DO'S       |
| 10:00          |                     |
| 11:00          |                     |
| 12:00          |                     |
| 13:00          |                     |
| 14:00          |                     |
| 15:00          |                     |
| 16:00          |                     |
| 17:00          | WATER INTAKE/BREAKS |
| 18:00          | 🍷🍷🍷🍷🍷🍷🍷             |
| 19:00          | MEAL TRACKER        |
| 20:00          | BREAKFAST:          |
| 21:00          | LUNCH:              |
| 22:00          | DINNER:             |
| 23:00          | SNACKS:             |

|                    |                  |
|--------------------|------------------|
| NOTES/OTHER TASKS: | I'M GRATEFUL FOR |
|--------------------|------------------|

Time Blocking  
Template  
(with Break Reminders)

Date: \_\_\_\_\_

Other Tasks:

|       |  |                          |
|-------|--|--------------------------|
| •     |  | <input type="checkbox"/> |
| ..... |  |                          |
| •     |  | <input type="checkbox"/> |
| ..... |  |                          |
| •     |  | <input type="checkbox"/> |
| ..... |  |                          |
| •     |  | <input type="checkbox"/> |
| ..... |  |                          |
| •     |  | <input type="checkbox"/> |
| ..... |  |                          |
| •     |  | <input type="checkbox"/> |
| ..... |  |                          |
| •     |  | <input type="checkbox"/> |
| ..... |  |                          |

Break Reminders:

☕☕☕☕☕☕☕☕

Your Time Blocks

|       |
|-------|
| 06:00 |
| ..... |
| 07:00 |
| ..... |
| 08:00 |
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| 19:00 |
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| 20:00 |
| ..... |
| 21:00 |
| ..... |

Live your life to the fullest, time block by time block

Time Blocking Template by [YSAMPHY.COM](#) , powered by [Canva](#)