



Your Weekly Time Block Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 7:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:00 – 8:00	Get ready	Get ready	Get ready	Get ready	Get ready	Get ready	Get ready
8:00 – 11:59	Work	Work	Work	Work	Work		
12:00 – 1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 – 5:00	Work	Work	Work	Work	Work		
5:00 – 6:00		Exercise		Exercise		Exercise	
6:00 – 7:00	Clean			Clean		Clean	
7:00 – 8:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
8:00 – 10:00							
10:00 – 11:00							