

Date _____

Shortale

M T W T H F S S

Time Blocking

My Top 3 Priorities

7am

1.

8am

2.

3.

9am

Things I need to accomplish today

10am

11am

12nn

1pm

2pm

Notes and other important reminders

3pm

4pm

5pm

6pm

Water Consumption

7pm



8pm

Breakfast

Lunch

Dinner

