



Timeblocking

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
00:00							
01:00							
02:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
03:00							
04:00							
05:00							
06:00	AM Routine	AM Routine	AM Routine	AM Routine	AM Routine		
07:00	Travel to work	Travel to work	Travel to work	Travel to work	Travel to work		
08:00	Prepare for day	Prepare for day	Prepare for day	Prepare for day	Review	AM Routine	AM Routine
09:00	Sales calls	Meetings	Finance	Operations		Go for walk	Go for walk
10:00					Meetings	Friends and family	Friends and family
11:00	Lunch	one-on-one's	Lunch	Lunch	Gap for emergencies		
12:00						Project activity	Sales calls
13:00	Meetings	Project activity	one-on-one's	Project activity	Team socialising	Friends and family	
14:00							Lunch
15:00	Dinner	Dinner	Dinner	Dinner	Dinner		
16:00	Personal time					Personal time	Personal time
17:00	Daily reflection	Daily reflection	Daily reflection	Daily reflection	Personal time		
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							