

Date \_\_\_\_\_

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

3pm

4pm

5pm

6pm

7pm

8pm

**Notes and other important reminders**



**Water Consumption**



**Breakfast**

**Lunch**

**Dinner**