Weekly time block — Week of _____

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							

Key: Blue deep work · Green meetings · Yellow admin · Orange personal · Purple health · Grey buffer

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