



WEEKLY BLOCK BLUEPRINT

Build a weekly schedule that works for you.

Create space and organization in your week with four kinds of blocks: focus, social, admin, and recovery. Theme your days to hone in on what's most important. Map out where your blocks and themes fall in the week - it may vary a bit each week, but defaults make getting stuff done easier. [Read more about Time Blocking on our blog.](#)

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THEME							
<input type="checkbox"/> :00							
<input type="checkbox"/> :30							
<input type="checkbox"/> :00							
<input type="checkbox"/> :30							
<input type="checkbox"/> :00							
<input type="checkbox"/> :30							
<input type="checkbox"/> :00							
<input type="checkbox"/> :30							
<input type="checkbox"/> :00							
<input type="checkbox"/> :30							
<input type="checkbox"/> :00							
<input type="checkbox"/> :30							
<input type="checkbox"/> :00							
<input type="checkbox"/> :30							
<input type="checkbox"/> :00							
<input type="checkbox"/> :30							
<input type="checkbox"/> :00							
<input type="checkbox"/> :30							