



# WEEKLY BLOCK SCHEDULER

There are four kinds of blocks to create space for in your week: focus, social, admin, and recovery blocks. Additionally, it might be helpful to give each day a theme. 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.

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THEME							
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