

# TIME BLOCKING PLANNER

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The image shows a double-page spread of a time blocking planner template. Each page is titled "Time Blocking" and features a grid for scheduling. The grid is divided into four columns: "Date", "Time", "Activity", and "Notes". The "Time" column is further divided into 15-minute intervals. The "Activity" column is divided into four sections: "Morning", "Afternoon", "Evening", and "Night". The "Notes" column is a wide area for additional information. The planner is bound in the center with a metal ring.

# Time Blocking Planner Tutorial

**Institute for Operations Research and  
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## **Time Blocking Planner Tutorial:**

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