

# WEEKLY TIME BLOCKING SCHEDULE

House Chores

Errands

Personal

Work

Lunch / Dinner

Morning Routine

| WEEKLY LIST  | TIME  | MONDAY          | TUESDAY             | WEDNESDAY       | THURSDAY            | FRIDAY          | SATURDAY         | SUNDAY          |
|--|-------|-----------------|---------------------|-----------------|---------------------|-----------------|------------------|-----------------|
| <input type="checkbox"/> Organize Deliveries   | 6:00  |                 |                     |                 |                     |                 |                  |                 |
| <input type="checkbox"/> Grocery shopping  | 6:30  |                 |                     |                 |                     |                 |                  |                 |
| <input type="checkbox"/> Pay utility bills   | 7:00  | Morning routine |                     | Morning routine | Morning routine     |                 |                  |                 |
| <input type="checkbox"/> Buy pet supplies  | 7:30  |                 |                     |                 |                     |                 |                  |                 |
| <input type="checkbox"/> Car wash  | 8:00  |                 | Morning routine     |                 |                     | Morning routine |                  |                 |
| <input type="checkbox"/> Pharmacy  | 8:30  |                 |                     |                 |                     |                 |                  |                 |
| <input type="checkbox"/>   | 9:00  |                 |                     |                 |                     |                 |                  | Morning routine |
| <input type="checkbox"/>   | 9:30  |                 |                     |                 |                     |                 |                  |                 |
| <input type="checkbox"/>   | 10:00 | Draft reports   |                     |                 | Create presentation |                 | Morning routine  |                 |
| <input type="checkbox"/>   | 10:30 |                 | Task planning       |                 |                     |                 |                  |                 |
| <input type="checkbox"/>   | 11:00 |                 |                     |                 |                     |                 |                  |                 |
| <input type="checkbox"/> Meal prep   | 11:30 |                 |                     |                 |                     | Respond emails  |                  |                 |
| <input type="checkbox"/> Movie night  | 12:00 |                 |                     | Attend meeting  |                     |                 | Grocery shopping |                 |
| <input type="checkbox"/> Workout   | 12:30 |                 |                     |                 |                     |                 |                  |                 |
| <input type="checkbox"/> Outing with friends   | 1:00  | Lunch           |                     | Lunch           |                     | Lunch           |                  | Car wash        |
| <input type="checkbox"/> Reading a new book  | 1:30  |                 | Lunch               |                 | Lunch               |                 | Lunch            |                 |
| <input type="checkbox"/> Yoga class  | 2:00  | Task planning   |                     |                 |                     | Budgeting       |                  |                 |
| <input type="checkbox"/>   | 2:30  |                 |                     | Respond emails  |                     |                 |                  | Lunch           |
| <input type="checkbox"/>   | 3:00  |                 |                     |                 | Attend meeting      |                 |                  |                 |
| <input type="checkbox"/>   | 3:30  |                 |                     |                 |                     | Pharmacy        | Weekly prep      |                 |
| <input type="checkbox"/>   | 4:00  |                 | Create presentation |                 |                     |                 |                  |                 |
| <input type="checkbox"/>   | 4:30  |                 |                     | Budgeting       |                     |                 |                  | Cleaning        |

# Time Blocking Planner Ideas

**Richard Gentry, Ph.D., Jan McNeel,  
M.A.Ed.**



## Time Blocking Planner Ideas:

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