Date _____

TIME BLOCKING

ne Blocking	My Top 3 Priorities
7am	3
	2.
8am	3.
	Things I need to accomplish today
9am	
10am	
11am	
12nn	
1pm 2pm	
Зрт	Notes and other important reminders
4pm	
5pm	
6pm	Water Consumption
7pm	
	Breakfast Lunch Dinner
8pm	

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Jianjun Gao

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