

# 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 "Date" column is for the day of the week, "Time" for the hour, "Activity" for the task, and "Notes" for additional details. The template is designed for a spiral-bound notebook and includes a central binding area.

# Time Blocking Planner Checklist

**Hongru Du**



## **Time Blocking Planner Checklist:**

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count to 10 do whatever it takes to avoid lashing out and saying or doing something you ll regret 2

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