

Weekly Time Blocking Planner

By Elevated Lifestyle home

Time	Monday	Tuesday	Wednesday	Thursday	Friday
08:00 AM	Deep Work	Deep Work	Deep Work	Deep Work	Planning & Strategy
10:00 AM	Admin/Email	Admin/Email	Admin/Email	Admin/Email	Deep Work
12:00 PM	Lunch/Break	Lunch/Break	Lunch/Break	Lunch/Break	Lunch/Break
01:00 PM	Meetings	Project Work	Meetings	Project Work	Review
03:00 PM	Creative	Creative	Creative	Creative	Planning
05:00 PM	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Weekly Close

Notes/Priorities:

- 1.
- 2.
- 3.

“Stay consistent, stay focused—your goals are within reach.”