

Health's Calling! The Weekly Block Schedule will revolutionize your life and how you manage your time. Print out page 2 (the actual calendar) and follow the directions below. Feel free to use colored markers, pens, and maybe even stickers!?! Make yourself something beautiful & fun that you look forward to using each day.

Directions:

- Fill in your dates for the week: i.e. (11 /19 - 11 / 26)
- Brainstorm all of the ways you need to schedule your time; make these your broader categories. I have listed some to help: i.e.
 - Appointments
 - Work
 - Household work
 - Personal growth
 - Lunch (or all meal-times)
 - Walk outside, *use this sheet as brainstorming space!*
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The key to BE AS SPECIFIC AS POSSIBLE! :) don't just write "work", if you have tasks to accomplish, list them out.

Hint: Think of your To-Do list in every category, and schedule them as appointments. The one-hour blocks are just a guide, the color is light so you can easily write over it. (P.S. If the times do not work for you, please email me your preferred time blocks and I will customize the schedule for you!)

