

# ROUTINE TIME BLOCKS

Date: \_\_\_\_\_

<b>TIME</b>	<b>PRIMARY FOCUS</b>	<b>SECONDARY / HABITS</b>
06:00 AM		
07:00 AM		
08:00 AM		
09:00 AM		
10:00 AM		
11:00 AM		
12:00 PM		
01:00 PM		
02:00 PM		
03:00 PM		
04:00 PM		
05:00 PM		
06:00 PM		
07:00 PM		
08:00 PM		

## DAILY INTENTIONS & NOTES