

Time-Block Day Planner

Half-hour blocks from 5am to 10pm — plan the day in advance, then log what really happened.

DATE

DEEP-WORK TARGET

HARD STOP

TIME	PLANNED	ACTUAL	TIME	PLANNED	ACTUAL
5:00			14:00		
5:30			14:30		
6:00			15:00		
6:30			15:30		
7:00			16:00		
7:30			16:30		
8:00			17:00		
8:30			17:30		
9:00			18:00		
9:30			18:30		
10:00			19:00		
10:30			19:30		
11:00			20:00		
11:30			20:30		
12:00			21:00		
12:30			21:30		
13:00			22:00		
13:30			22:30		

HOURS PLANNED

HOURS AS PLANNED

WHAT BLEW THE PLAN UP