

FREE PRINTABLE · PLANNER

Weekly Time-Block Grid

Seven columns, sixteen hourly rows — see the whole week as a single canvas.

WEEK OF

NON-NEGOTIABLE BLOCK THIS WEEK

	MON	TUE	WED	THU	FRI	SAT	SUN
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							

Block your fixed commitments first, then your deep work, and only then everything else. Empty space on this grid is a feature, not a gap to fill.