

Daily Time blocking Schedule



Melanie Sobocinski fitness.com

5:00am	
5:30AM	
6:00AM	
6:30AM	
7:00AM	
7:30AM	
8:00AM	
8:30AM	
9:00AM	
9:30AM	
10:00AM	
10:30AM	
11:00AM	
11:30AM	
12:00pM	
12:30pM	
1:00pM	
1:30pM	
2:00pM	

2:30pM	
3:00pM	
3:30pM	
4:00pM	
4:30pM	
5:00pM	
5:30pM	
6:00pM	
6:30pM	
7:30pM	
8:00pM	
8:30pM	
9:00pM	

Get What Matters Done by time blocking each day



Melanie Sobocinski Fitness

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