

Chunked Time Blocks

This example demonstrates how to logically chunk tasks by category, priority, and sequence, ensuring maximum efficiency while addressing both work and personal goals.

- Morning (6:00 AM - 8:00 AM)

- _____
- _____
- _____

- Morning (8:00 AM - 10:00 AM)

- _____
- _____
- _____

- Morning (10:00 AM - 12:00 PM)

- _____
- _____
- _____

- Lunch (12:00 PM - 12:30 PM)

- _____
- _____
- _____

- Early Afternoon (12:30 PM - 2:30 PM)

- _____
- _____
- _____

- Late Afternoon (2:30 PM - 4:30 PM)

- _____
- _____
- _____

- Evening (4:30 PM - 5:30 PM)

- _____
- _____
- _____