



Weekly Balance Calendar

Block Scheduling Activities

| TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------|-----|-----|-----|-----|-----|-----|-----|
| 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 | | | | | | | |
| 09:00 PM | | | | | | | |
| 10:00 PM | | | | | | | |
| 11:00 PM | | | | | | | |

- PERSONAL DEVELOPMENT
- OUTDOORS
- MEAL PLANNING
- MEDITATION/PRAYER
- FUN TIME
- FAMILY/FRIENDS
- MOVEMENT
- SELF CARE TREATMENTS
- READING/AUDIO BOOK
- WORK
- VOLUNTEER