168 Hours Time Management Worksheet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							

Notes:

Don't forget to breathe.

You've got this!

#WeSupportU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
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4:30 AM							

Notes:

Be kind to yourself.

You can do it!

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