

## Weekly Routine Builder

Use this table to plan out your week in blocks. Add tasks, breaks, and self-care to build structure into your solo workdays.

| Time  | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-------|-----|-----|-----|-----|-----|-----|-----|
| 6:00  |     |     |     |     |     |     |     |
| 7:00  |     |     |     |     |     |     |     |
| 8:00  |     |     |     |     |     |     |     |
| 9:00  |     |     |     |     |     |     |     |
| 10:00 |     |     |     |     |     |     |     |
| 11:00 |     |     |     |     |     |     |     |
| 12:00 |     |     |     |     |     |     |     |
| 13:00 |     |     |     |     |     |     |     |
| 14:00 |     |     |     |     |     |     |     |
| 15:00 |     |     |     |     |     |     |     |
| 16:00 |     |     |     |     |     |     |     |
| 17:00 |     |     |     |     |     |     |     |
| 18:00 |     |     |     |     |     |     |     |
| 19:00 |     |     |     |     |     |     |     |
| 20:00 |     |     |     |     |     |     |     |
| 21:00 |     |     |     |     |     |     |     |

*Tip: Use colour coding or symbols to represent work sessions, breaks, social time, exercise, errands, and rest.*