

# Block Scheduling

A more flexible way to create a schedule you can stick to

# Why block scheduling works...

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Traditional scheduling is “do this specific thing at this specific time”.

Block scheduling is a method of organizing your day into chunks or blocks of time, and each block contains specific tasks.

Morning block would include:

Get up, shower, fix hair and all that, eat, phone time, get school stuff ready, leave for school.



Instead of following a strict timetable with fixed times for each activity, block scheduling allows for more flexibility.

**Reduced Stress:** Knowing that you have designated time blocks for various activities can help reduce feelings of stress and overwhelm. Having a structured plan for your day provides a sense of control and organization, leading to greater peace of mind.

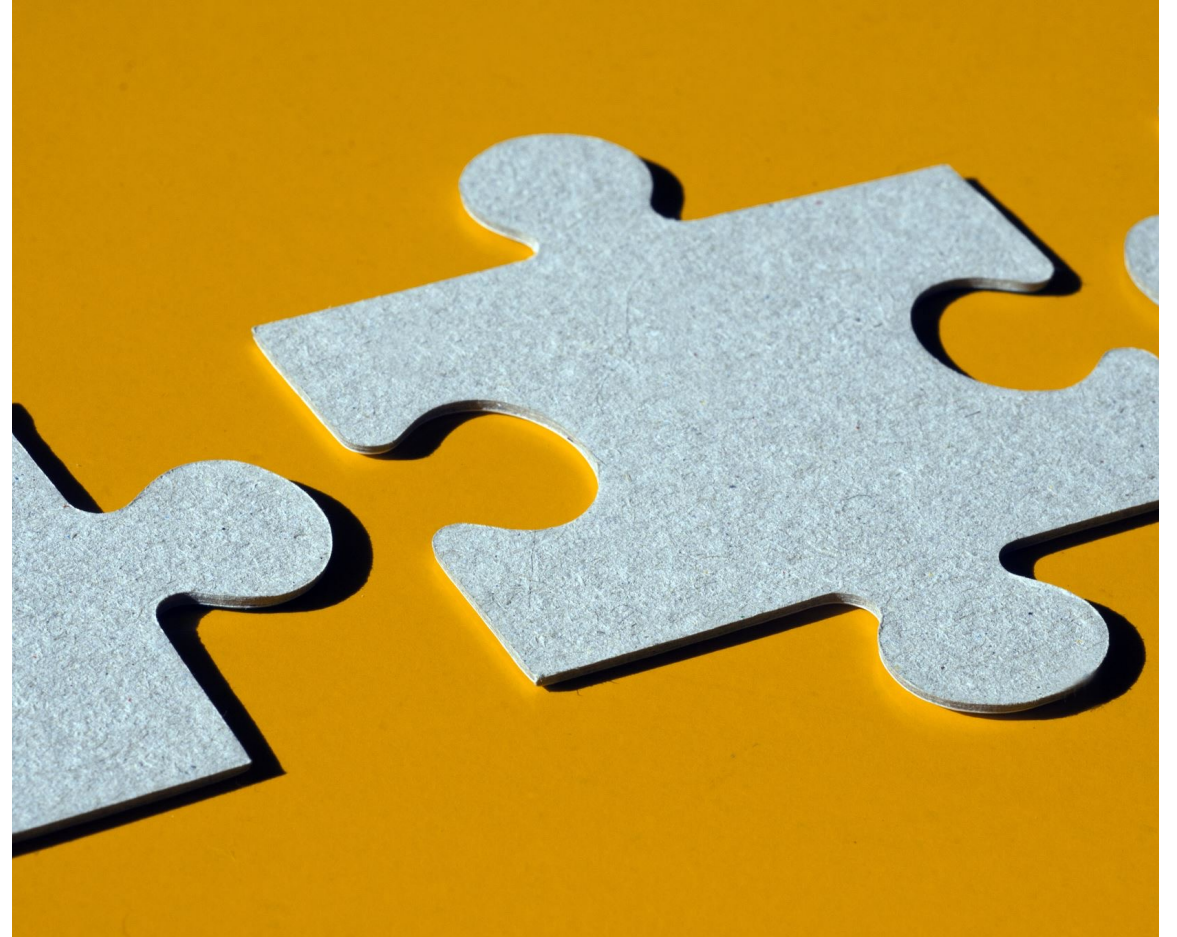
**Enhanced Productivity:** By dividing your day into manageable blocks of time, you can prioritize tasks and allocate sufficient time to each activity. This promotes better time management and productivity, as you can focus on completing tasks within the designated time frames.





**Improved Focus:** By allocating dedicated blocks of time to specific tasks, you can focus more deeply on each activity without distractions. This helps enhance productivity and efficiency in completing tasks.

**Flexibility and Adaptability:** Block scheduling offers flexibility in managing your time. You have the freedom to adjust your schedule based on changing priorities or unexpected events, allowing for better adaptability to daily fluctuations.





Overall, block scheduling is a great middle ground for organizing your day.

- It gives you structure to keep things orderly, but also the flexibility to adjust as needed.
- This approach can help you work smarter, reduce stress, and find a better balance in your daily life.



# Create Your Block Schedule

See the example in your google drive



Morning Block – When you wake up until you have to leave for school

School Block – Hit your lunch and snack goal

After School Block – From when you leave school until practice starts

Evening Block – After practice until you get ready for bed

Night Block – Getting ready for bed until you go to sleep

\*Some things will need to have a time limit. Study time, phone time, things of that nature.