

	Monday	Tuesday	Wednesday	Thursday	Friday
7 AM					
8 AM					
9 AM					
10 AM	Full day of coaching clients	Time to take care of myself	Client sessions	Build My Business <i>(Marketing, sales, admin, professional development, client/consult follow up, etc.)</i>	Flex Friday <i>(Room to work if I'm inspired ... or to play if that is what I need.)</i>
11 AM					
12 PM					
1 PM		Client sessions	Time to take care of myself		
2 PM					
3 PM					
4 PM					
5 PM					

Try It Out In Your Business!

Use the blank calendar below to map out your ideal weekly schedule – one that supports your clients, your business, and your well-being.

	Monday	Tuesday	Wednesday	Thursday	Friday
7 AM					
8 AM					
9 AM					
10 AM					
11 AM					
12 PM					
1 PM					
2 PM					
3 PM					
4 PM					
5 PM					