



## 52/17 Daily Schedule Template

### Instructions:

Use this template to plan your day using the **52/17 productivity method**.

Each cycle = 52 minutes of focused work + 17-minute break.

You can adjust the start time to suit your routine.

<b>Time Block</b>	<b>Focus Task (52 mins)</b>	<b>Break Plan (17 mins)</b>
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08:00 - 09:00

09:00 - 10:00

10:00 - 11:00

11:00 - 12:00

12:00 - 13:00

13:00 - 14:00

14:00 - 15:00

15:00 - 16:00

16:00 - 17:00

17:00 - 18:00