

[illegible]

The day runs 6:00 to 22:00 in 30-minute blocks — 32 rows, 16.0 hours planned. 32 blocks are filled and 24 are ticked off.

Biggest slice of the day is Personal at 5.0 hours; deep work gets 3.0 hours against 3.0 in meetings. Switch BLOCK to 15 and the ladder re-cuts into quarter-hours.