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ExcelX

HOURLY WEEKLY SCHEDULE · 2027

7:00 – 21:00

Set the day window and slot length below — 7 to 21 gives the classic 7am–9pm sheet, 0 to 24 gives the full round-the-clock grid. Booked hours per day total at the foot of each column.

WEEK STARTING	Mon 25 Jan 2027	DAY STARTS	7	DAY ENDS	21	SLOT MINUTES	60	*slot 60 = hourly · 30 = half-hourly*

TIME	MON 25 Jan	TUE 26 Jan	WED 27 Jan	THU 28 Jan	FRI 29 Jan	SAT 30 Jan	SUN 31 Jan
7:00 AM							
8:00 AM		Gym		Gym		Long run	
9:00 AM	Inbox + plan	Inbox + plan	Inbox + plan	Inbox + plan	Inbox + plan		
10:00 AM	Team standup	**Deep work**	Team standup	**Deep work**	Team standup	Farmers market	
11:00 AM	**Deep work**	**Deep work**	Client — Acme	**Deep work**	**Deep work**		
12:00 PM	**Deep work**	1:1 Rachel	Client — Acme	Design review	Weekly review		Meal prep
1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Brunch	Lunch
2:00 PM	Sprint planning	**Deep work**	**Deep work**	**Deep work**	Admin + expenses		
3:00 PM	Sprint planning	Vendor demo	**Deep work**	Interviews	Admin + expenses	DIY / garden	
4:00 PM	**Deep work**	**Deep work**	Marketing sync	Interviews		DIY / garden	Family time
5:00 PM	**Deep work**		Marketing sync	**Deep work**	Wrap up + notes		Family time
6:00 PM	Commute	Commute	Commute	Commute	Commute		
7:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner out	Dinner	Dinner
8:00 PM	Reading	Language class	Reading	Language class		Film night	Plan the week
BOOKED	12 h	12 h	12 h	13 h	10 h	7 h	6 h

The window runs 7:00 to 21:00 in 60-minute slots, giving 14 rows a day. Set DAY STARTS to 0 and DAY ENDS to 24 for the round-the-clock version — the grid and the time column redraw.

Busiest day is Thursday. Green blocks are deep work, amber are meals, blue is everything else — recolour any cell to suit your own categories.

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