

# DETERMINING YOUR Client Blocks



*Months*

## YOUR TYPICAL *Work Week*

First, start by using the calendar below to fill out what your typical weekly schedule looks like. Add blocks for your daily activities (like eating or working out.) Then, add in more admin tasks for work (like checking emails.) This is also a great time to designate blocks to work on this program!

Finally, determine how many blocks of “deep work” you have to work on clients per week and fill those blocks on your calendar in a different color.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM							
7AM							
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							
10PM							

## YOUR CLIENT *Capacity*

Based on the typical week outlined above, how many total client blocks do you have available per month? (Multiply your weekly blocks by 4.)

Total client blocks available per month:

Your total potential monthly client income (client blocks per month x hourly rate):

Your hourly rate:

