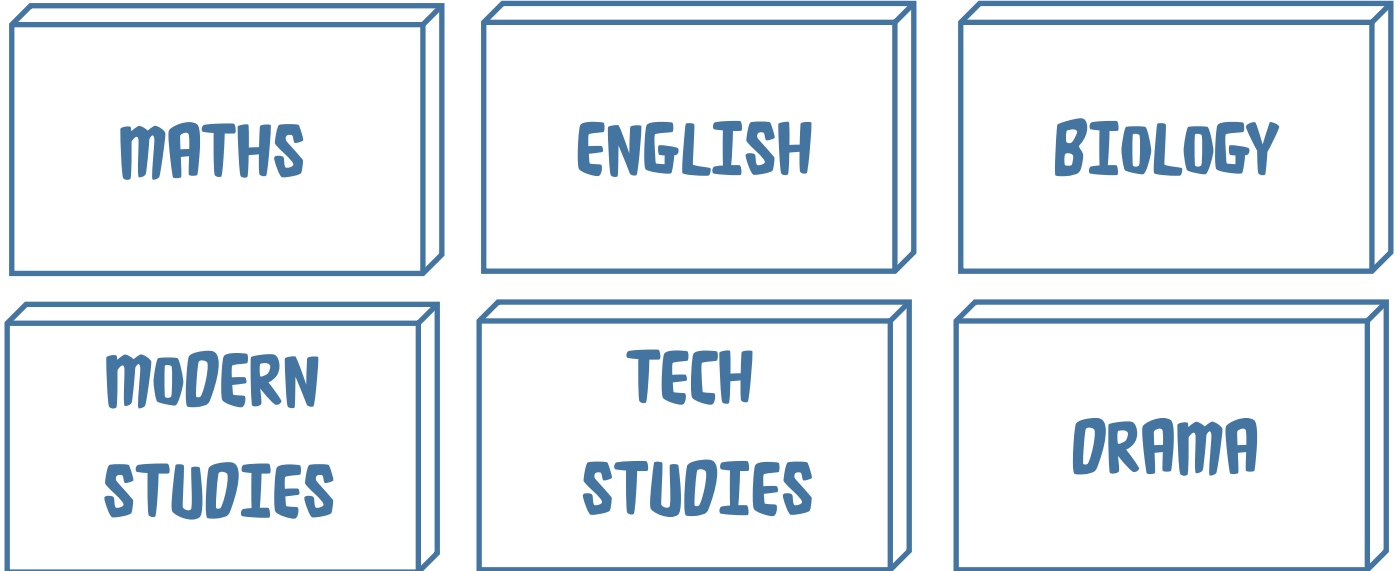


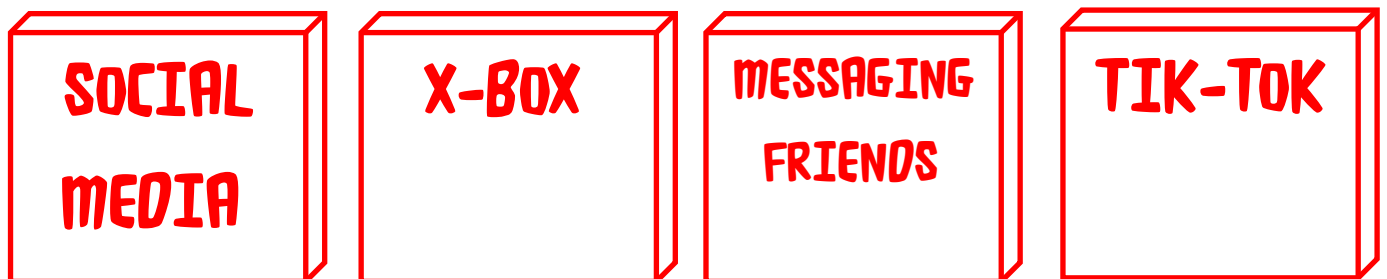
BLOCK IT

Create one of these for yourself below following our example.

STUDY SUBJECTS FOR EXAMS (BLUE BOXES)



THINGS YOU ENJOY THAT SWALLOW TIME (RED BOXES)



20 MINUTE BRAIN BREAKS (GREEN BOXES)



BLOCK IT

STUDY SUBJECTS FOR EXAMS (BLUE BOXES)

THINGS YOU ENJOY THAT SWALLOW TIME (RED BOXES)

--	--	--	--

20 MINUTE BRAIN BREAKS (GREEN BOXES)
