DREAMDUO · FREE PLANNING TOOLS

A week that works in both places

Write named city time zones and both local dates. Recheck after travel or a clock change. This worksheet is not an automatic converter.

Reference week and each person's city / named time zone

Partner A: sleep, work, commute and other unavailable times

Partner B: sleep, work, commute and other unavailable times

Plan	Partner A date + time	Partner B date + time
Short call		
Longer call		
Backup		

Messages: our usual reply expectations and urgent-contact plan

Next clock-change / schedule review