

Routine Form

Name: Bob Williams

Date: 10/05/2023

Goals: To advance in his software engineering career, get in shape, and develop a hobby in photography.

Wake Time: 05:30 AM

Breakfast: Scrambled eggs with spinach and a smoothie.

Morning Meditation: Breathwork for focus, 6:00 AM, 5 minutes

Morning Reading: 6:15 AM, "Clean Code", 30 minutes.

Morning Physical: 6:50 AM, Weightlifting, 40 minutes.

Dinner: Protein bowl and a side of quinoa, 6:00 PM

Sleep: 9:30 PM

Evening Meditation: Visualization, 9:00 PM, 5 minutes.

Evening Reading: 8:30 PM, "Understanding Exposure", 20 minutes.

Phonedown: 9:15 PM