

Sheet1

Time	Activity
5:00 AM	Wake Up
5:15 AM	Exercise
6:00 AM	Breakfast
6:30 AM	Check Emails and Messages
7:00 AM	Commute to Work
8:00 AM	Arrive at the Office
8:00 AM-12:00 PM	Meetings and Strategy Sessions
12:00 PM	Lunch
1:00 PM-6:00 PM	Hands-On Work and Problem-Solving
6:00 PM	Dinner
7:00 PM-10:00 PM	More Work and Meetings
10:00 PM	Wind Down
11:00 PM	Bedtime