

Melissa's Routine:

- Morning:
 - 7:45am: Wake up
 - 7:50am: Pilates and Yoga (20 min)
 - 8:10am: Pick outfit (10 min max/set 7 min timer)
 - 8:20am: Shower and change (30 min)
 - 8:50am: Make breakfast (20 minutes)
 - 9:10am: Leave apartment and find study spot for the day
 - 9:30am - 11pm:
 - Study (times vary by day)
 - Go to class (varies by day)
 - Eat lunch or dinner (an hour lunch)
- Night:
 - 11:15pm: Get ready for bed (skin care routine included)
 - 11:30pm: plan out tomorrow's day on Notability
 - 11:45pm: Sleep

Giselle's routine:

- Wake up @7am
- Instagram (30mins)
- Get ready @7:30am
- Make breakfast @8:40am
- Get to school by 9:30am
- Class (varies)
- Work (varies)
- Gym (varies)
- Lab (varies)
- Lunch (varies)
- Homework (Mon 9-11pm, Tue 3-5pm, Wed 9-11pm, Thurs 3-5pm & 10-11pm, Friday 9am-12pm & 6-9pm)
- Dinner around 9pm ???
- Practice pull ups(12am)
- Sleep by 12:30/1am

Dustin's Routine:

5 am:	Wake up
6 am:	Gym
7:30 am:	Start getting ready for the day
7:45 am:	Shower
8:20 am:	Breakfast
8:50 am:	Leave Apartment
9:15 am:	Begin Studies
11 am:	Break time
11:15 am:	Study
12 - 7 pm:	Work/Class
8 pm:	Get Ready for bed & wind down
	Read (optional)
	Journal (optional)
	Stretch (optional)
9 pm:	Get in bed

<https://m7delacruz.wixsite.com/brain-buddies>