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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Work/Daily Priority – List 3 each day. | | | | | | |
| 1. Work – DUO Mobile Rollout 2. Schoolwork – Community Board Discussion   3. Clean Cat box, | 1. Work – Incident management Meeting, and roundtable  2. Schoolwork – Finish Weekly plan for week 2  3. Mason meeting and study for 2nd degree | 1. Work – Duo Mobile rollout for terminals  2. Schoolwork – Reading, 2.3 and 2.4  3. help with laundry | 1. Work - PALS update, for drivers  2. Schoolwork – 2.5 Discussion  3. clean desk, and surrounding area | 1. Work – Soti Mobicontrol rollout test  2. Schoolwork – 2.6 brain teaser  3. Trashday, take out the trash | 1. Pick up yard, and mow lawn  2. Schoowork – 2.7 Bonus Material  3. finish rest of honeydoo list | 1.Go to dad’s and help him with his mowing customers  2. Help neighbor work on his car thermostat   1. Help with dishes |
| Play | | | | | | |
| Play Elder Scrolls | Read new chapter in current book | Play Ark game | Take ride on motorcycle | Go for drive in the country with the top down | Go to shooting range | Go down to dads and go fishing |
| Fit/Wellness | | | | | | |
| Walk more to customer desks to help with their issues | Walk more to customer desks to help with their issues | Go to gym on 6th floor and workout legs | Go to gym on 6th floor and workout arms | Go to gym on 6th floor and workout back | Take kids and dogs for a walk | Tai chi class |
| Push | | | | | | |
| Work on AR project | Test changes to AR project | Work on AR project defects | Test new changes to AR project | Write a little on book project | Research new avenues on haptic AR technology | Tie in new technology to AR project |
| Week 2 Reflection Question – Minimum of 5-6 detailed sentences | | | | | | |
| 1. What is your experience so far with making changes in the way you manage your time or change your behavior?  To me it doesn’t seem as flexible, seems more stringent, that I have to do this or that on a timely basis rather than working on them when the time arises. I am working to maintain the schedule within the plan, however, since I do work quite a few hours, I come home, and jump in front of the computer to either do schoolwork or log into a game to release my brain from the everyday world. I do the fit part every day as I do tend walk quite a bit to help the end users at work. I have no problem with the play part as that is my release, and stress reliever, however, the push sometimes lack since there isn’t that much time in the day once I do get home, and before bed for the next day. | | | | | | |

Edward Welborns Weekly Plan – Week 2