

Weekday Schedule (Mon / Fri – Deep Work Day)

Morning (personal & foundation)

Time	Block
7:30 – 8:00	Brushing + light mobility
8:00 – 10:30	 Newspaper reading / Bath / Breakfast
10:30 – 11:30	 Family time (non-negotiable) / Buffer / light planning / coffee

Morning stays **calm + low cognitive load**. No deep thinking yet.

Workday Core

Time	Block
11:30 – 12:10	Commuting
12:10 – 1:30	Admin + sync work
1:30 – 2:00	Lunch
2:00 – 4:00	work, emails, reviews, documentation
4:00 – 4:30	Tea / Walk / light exercise (Health )
4:30 – 5:30	Learning (light mode: video / reading)

Peak Energy Zone

Time	Block
5:30 – 7:30	 Deep Work (2 hrs)
7:30 – 8:00	Dinner break
8:00 – 9:00	Learning (focused practice)
9:00 – 10:00	light Work

 **Late Evening**

Time	Block
10:00 – 10:20	Brushing + wind-down
10:30 – 11:00	Stand-up (Mon/Thu)
11:00 – 11:40	commuting
12:00 AM	Decompression (no screens) / Sleep