**Through God, anything is possible**

**GOALS & NOTES**

**KOE Development**

Establish a regular routine to develop KOE:

**Physical Exercise**

Establish a regular routine to Exercise:

**Culinary**

Establish a time of day dedicated to studying new recipes:

Establish regular times of days to eat meals:

**Babykat**

Establish regular outside-time routine with leBabis:

Establish a regularized food routine & mass 200 calories each meal:

Establish a regularized Litterbox routine:

Acquire the proper heating pad for leBabis:

Acquire a measuring cup for leBabis:

Determine bathing schedule for Babis:

**Grandma’s Home Improvement**

Attend duties – **Start**: **1pm, 12/18/2021 – End:**

**Landscaping/Gardening**

Establish a landscaping/gardening routine:

**Education**

Complete 3 more classes for a B.S in Biochemistry:

**Meditation**

Establish a meditation routine:

**Spiritual/Religious Study**

Establish a routine of reading & taking notes on religious/spiritual texts:

Attend the **-Start** **10:15 - End 10:45, 12/18/2021** Bible study & take notes

What does Christmas mean to me? Merging the idea of outward & upward worship; Giving love to others *is* giving love to God. As a child I understood the outward component, but as I develop, I understand more about the upward component. During Christmas, outward worship is emphasized even by many of those who do not believe in God, which marks the occasion as a momentary change of heart for many: ****

Determine what I’d like to discuss next:

**Language Studies**

Establish a routine time of day for using Duolingo to study Spanish:

**Finances & Investments**

Establish a routine time of day to quandary finances & investments:

Create an excel sheet for finances:

**Astronomy**

Establish a routine frame that involves corrections for the annual solar cycle, (Light intensities for sleeping & waking): During our Summer Solstice (June 21) on the west coast sunrise is at 5:42 am, 8:36 pm (14.9 daylight hours), while our Winter Solstice (December 21) sunrise is at 7:22 am, 6:43 pm sunset (11.35 daylight hours). Wow, we have 3.55 less daylight hours at the depth of Winter than we do during the Summer!

If I want to be awake 1 hour & 20 minutes before sunrise, then during the winter I must awaken at 6:00 am, and during the Summer, I must awaken at 4:20 am. Which means, over 180 days, I must adjust my waking time by 1 hour and 40 minutes, which would be 100 minutes/180 days, or 5/9 minutes each day. Starting on December 21, I must awaken and sleep 5/9 minutes earlier each day until June 21st, where I must then awaken and sleep 5/9 minutes later each day until December 21st again. I’ll have to prepare a system of alarms that trains me to do such.

**Maintenance**

Hygiene, cleanliness, & organization

Shower - **Start: 9:50am – End: 10:15am 12/18/2021**

**Vape Logs**

**12/18/2021: 7:00am, 8:00am, 9:00am, 10:00am, 11:20 am, 11:45am**

**12/19/2021:**

**Nap Logs**

**12/18/2021:**

**Fap Logs**

**12/18/2021:**

**Shit Logs:**

**12/18/2021:**

**Spending logs:**

**12/18/2021:**

**Dietetics & Nutrition**

Create a calorie & nutrient spreadsheet:

**Routine Establishment Project**

**Awaken**: 6:00 (6:00 AM) **winter**, 4:20 (4:20 AM) **summer**

**Sleep**: 21:45 (9:45 PM) **winter**, 20:20 (8:05 PM) **summer**

Ergot, the total time budget of waking hours is 15.75, or 15 hours and 45 minutes, Time budget of sleeping hours is 8.25, or 8 hours and 15 minutes, and we will always awaken 1 hour and 20 minutes before sunrise, regardless of the season. From December 21st until June 21st, reduce alarm timer by 5 minutes every 9 days, and vice versa.

The Wheel of the Sleep Cycle

**12/21/ Awaken at 5:55 AM, sleep 9:40 PM**

**12/30/ Awaken at 5:50 AM, sleep 9:35 PM**

**01/9/ Awaken at 5:45 AM, sleep at 9:30 PM**

**01/18/ Awaken at 5:40 AM, sleep at 9:25 PM**

**01/27/ Awaken at 5:35 AM, sleep at 9:20 PM**

**02/5/ Awaken at 5:30 AM, sleep at 9:15 PM**

**02/14/ Awaken at 5:25 AM, sleep at 9:10 PM**

**02/23/ Awaken at 5:20 AM, sleep at 9:05 PM**

**03/1/ Awaken at 5:15 AM, Sleep at 9:00 PM**

**03/10/ Awaken at 5:10 AM, sleep at 8:55 PM**

**03/19/ Awaken at 5:05 AM, sleep at 8:50 PM**

**03/28/ Awaken at 5:00 AM, sleep at 8:45 PM**

**04/6/ Awaken at 4:55 AM, sleep at 8:40 PM**

**04/15/ Awaken at 4:50 AM, sleep at 8:35 PM**

**04/24/ Awaken at 4:45 AM, sleep at 8:30 PM**

**05/3/ Awaken at 4:40 AM, sleep at 8:25 PM**

**05/12/ Awaken at 4:35 AM, sleep at 8:20 PM**

**05/21/ Awaken at 4:30 AM, sleep at 8:15 PM**

**05/30/ Awaken at 4:25 AM, sleep at 8:10 PM**

**06/8/ Awaken at 4:20 AM, sleep at 8:05 PM**

**06/21/ Awaken at 4:15 AM, sleep at 8:00 PM**

**06/30/ Awaken at 4:20 AM, sleep at 8:05 PM**

**07/9/ Awaken at 4:25 AM, sleep at 8:10 PM**

**07/18/ Awaken at 4:30 AM, sleep at 8:15 PM**

**07/27/ Awaken at 4:35 AM, sleep at 8:20 PM**

**08/5/ Awaken at 4:40 AM, sleep at 8:25 PM**

**08/14/ Awaken at 4:45 AM, sleep at 8:30 PM**

**08/23/ Awaken at 4:50 AM, sleep at 8:35 PM**

**09/1/ Awaken at 4:55 AM, sleep at 8:40 PM**

**09/10/ Awaken at 5:00 AM, sleep at 8:45 PM**

**09/19/ Awaken at 5:05 AM, sleep at 8:50 PM**

**09/28/ Awaken at 5:10 AM, sleep at 8:55 PM**

**10/7/ Awaken at 5:15 AM, sleep at 9:00 PM**

**10/16/ Awaken at 5:20 AM, sleep at 9:05 PM**

**10/25/ Awaken at 5:25 AM, sleep at 9:10 PM**

**11/3/ Awaken at 5:30 AM, sleep at 9:15 PM**

**11/12/ Awaken at 5:35 AM, sleep at 9:20 PM**

**11/21/ Awaken at 5:40 AM, sleep at 9:25 PM**

**11/30/ Awaken at 5:45 AM, sleep at 9:30 PM**

**12/9/ Awaken at 5:50 AM, sleep at 9:35 PM**

**12/21/ Awaken at 5:55 AM, sleep at 9:40 PM**

**We’ll test this wheel out this year and see how it’s rated!**

12/21/2021, Awaken at 5:55 am, Slumber at 9:40 pm; 15 hours & 45 minutes waking time.

KOE development: 3.25

Gym: 2.0

Exercise: 0.5

Baby Litter: To Do

Baby Feeding: To Do

Recipe Study Hours: 0.5

Language Study Hours: 1.0

Religious/Spiritual Study Hours: 1.0

My meals: 2.0

Shower: 0.333

Outside time for Baby: 0.5

Gardening/Landscaping Time: 1.0

Meditation: 0.5

Financial/Investment Inquiries: 0.5

**Leaves 2.66 free hours each day.**