|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
|  |  |  |  |  |  |  |
| *AM* | *6 : 00* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| *PM* | *12 : 00* |  |  |  |  |  |  |  | ☐ | |
| *1 : 00* |  |  |  |  |  |  |  |  | |
| *2 : 00* |  |  |  |  |  |  |  | ☐ | |
| *3 : 00* |  |  |  |  |  |  |  |  | |
| *4 : 00* |  |  |  |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  |  |  | |
| *6 : 00* |  |  |  |  |  |  |  | Cores:  Zettelkasten  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art +Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad  Digital Minimalism  Checklists | |
| *7 : 00* |  |  |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |