|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2020**  Jul | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Aug | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Aug | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Aug | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Aug | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Aug | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Sep | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Sep | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Sep | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Sep | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Oct | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Oct | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Oct | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Oct | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Oct | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Nov | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Nov | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Nov | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Nov | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Dec | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Dec | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Dec | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Dec | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |
| **2020**  Dec | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 28 | 29 | 30 | 31 |  |  |  |
| *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* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| MH | | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 | 🧠 🀄 📖  ⚙️ 💪🏽 |  | |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | A close up of a sign  Description automatically generated | *TimeBlock 2.0* |