|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2020**  **Jun** | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| *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**  **Jun** | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| *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**  **Jun** | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| *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**  **Jun/Jul** | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| *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**  **Jul** | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| *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**  **Jul** | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | **Note** | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| *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**  **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* |