|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | 星期日 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | **Notes** | |
|  |  |  |  |  |  |  |
| 上午 | *6 : 00* |  |  |  |  |  |  |  | ☐ | |
| *7 : 00* |  |  |  |  |  |  |  |  | |
| *8 : 00* |  |  |  |  |  |  |  | ☐ | |
| *9 : 00* |  |  |  |  |  |  |  |  | |
| *10 : 00* |  |  |  |  |  |  |  | ☐ | |
| *11 : 00* |  |  |  |  |  |  |  |  | |
| 下午 | *12 : 00* |  |  |  |  |  |  |  | ☐ | |
| *1 : 00* |  |  |  |  |  |  |  |  | |
| *2 : 00* |  |  |  |  |  |  |  | ☐ | |
| *3 : 00* |  |  |  |  |  |  |  |  | |
| *4 : 00* |  |  |  |  |  |  |  | ☐ | |
| *5 : 00* |  |  |  |  |  |  |  |  | |
| *6 : 00* |  |  |  |  |  |  |  | Cores  Anonymity  Zettelkasten  Digital Minimalism  Checklists  Deep Work + Flow  Deliberate Practice  Engineering + Science  Art + Music  Convict Conditioning  Nutrition not calorie  MMM Minimalism  Digital Nomad | |
| *7 : 00* |  |  |  |  |  |  |  |
| *8 : 00* |  |  |  |  |  |  |  |
| *9 : 00* |  |  |  |  |  |  |  |
| MH | | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 | 🀄 ⚙️ 💪🏽 |
| Kaizen  改善 | | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* | *\_ \_ \_ \_ \_ \_ \_ \_ \_* |  | *TimeBlock 4.0* |