

	lun 9/1	mar 9/2	mié 9/3	jue 9/4	vie 9/5
7am					
8am	Check-in, 8am - 8:30am	Check-in, 8am - 8:30am	Check-in, 8am - 8:30am	Check-in, 8am - 8:30am	Check-in, 8am - 8:30am
9am	Daily warm up 9am - 10am	Daily warm up 9am - 10am	Daily warm up 9am - 10am	Daily warm up 9am - 10am	Daily warm up 9am - 10am
10am					
11am					Focus time 11am - 12pm
12pm	Lunch 12pm - 1pm	Lunch 12pm - 1pm	Lunch 12pm - 1pm	Lunch 12pm - 1pm	Lunch 12pm - 1pm
1pm		Biweekly-Performance 1pm - 2pm	Focus time 1pm - 5:15pm		
2pm				1:1 Team work 2pm - 3pm	
3pm	Check- plans for next week 3pm - 4pm	Kick-off New project 2:30pm - 3:30pm			Busy-please reach out my assistant 3pm - 6pm
4pm					
5pm					
6pm	Check-out, 5:30pm - 6pm	Check-out, 5:30pm - 6pm	Check-out, 5:30pm - 6pm	Check-out, 5:30pm - 6pm	Check-out, 5:30pm - 6pm