

Titus' Hour-by-Hour Weekly Life Schedule

Monday

8:00–9:30 AM – AWS Study (quiet time)

9:30–11:00 AM – Kids wake + breakfast/play

11:00–12:30 PM – Job applications / Resume updates

12:30–2:00 PM – Lunch + Kids Time

2:00–3:30 PM – Bold Beauty Hair / KenyaBite tasks

3:30–4:30 PM – Rest / light chores

4:30–5:30 PM – Dinner prep + early dinner with family

5:30–7:00 PM – Family walk, board game, or activity

7:00–8:00 PM – Free time or creative hobby (optional)

8:00–9:00 PM – Read or scroll (mental break)

9:00–10:00 PM – Movie / bonding time with Sophia

10:00–1:30 AM – Optional deep dive (AI / book / creative)

1:30–2:30 AM – Wind down, relax, prep for sleep

Tuesday

8:00–9:30 AM – Replit Python (quiet time)

9:30–11:00 AM – Kids wake + breakfast/play

11:00–12:30 PM – Social Media or Website content updates

12:30–2:00 PM – Lunch + Kids Time

2:00–3:30 PM – Job applications

3:30–4:30 PM – Rest / decompress

4:30–5:00 PM – Dinner with family

5:00–1:30 AM – Work shift

1:30–2:30 AM – Wind down + short read

Wednesday

8:00–9:30 AM – IBM Data Science (quiet time)

9:30–11:00 AM – Kids wake + breakfast/play

11:00–12:30 PM – AWS quizzes / scenario practice

12:30–2:00 PM – Lunch + Kids Time

2:00–3:30 PM – AI Mini Project (UnwindAI)

3:30–4:30 PM – Break / screen-free time

4:30–5:00 PM – Dinner with family

5:00–1:30 AM – Work shift

1:30–2:30 AM – Wind down + article / stretch

Thursday

8:00–9:30 AM – Replit Python (quiet time)

9:30–11:00 AM – Kids wake + breakfast/play

11:00–12:30 PM – LinkedIn networking / Job apps

12:30–2:00 PM – Lunch + Kids Time

2:00–3:30 PM – WesleyKSmith.com tasks

3:30–4:30 PM – Break / journal

4:30–5:00 PM – Dinner with family

5:00–1:30 AM – Work shift

1:30–2:30 AM – Wind down + music / meditate

Friday

8:00–9:30 AM – IBM Data Science (quiet time)

9:30–11:00 AM – Kids wake + breakfast/play

11:00–12:30 PM – Schedule social posts / Email replies

12:30–2:00 PM – Lunch + Kids Time

2:00–3:30 PM – Business Admin (orders, customer service)

3:30–4:30 PM – Nap or recharge

4:30–5:00 PM – Dinner with family

5:00–1:30 AM – Work shift

1:30–2:30 AM – Wind down + light read

Saturday

9:00–10:30 AM – Sleep in / Family breakfast

10:30–12:30 PM – Park, play zone, or indoor games

12:30–2:00 PM – Lunch + rest

2:00–3:30 PM – Light Admin / Planning

3:30–4:30 PM – Quiet activity w/ kids

4:30–5:00 PM – Dinner together

5:00–1:30 AM – Work shift

1:30–2:30 AM – Wind down + reflect

Sunday

9:00–10:30 AM – Church / Family breakfast

10:30–12:30 PM – Family outing (zoo, mall, nature trail)

12:30–2:00 PM – Lunch outing

2:00–3:30 PM – Nap / Quiet family time

3:30–5:00 PM – Weekly planning + review

5:00–6:30 PM – Dinner + Story time

6:30–8:00 PM – Watch something w/ Sophia

8:00–10:00 PM – Optional: Prep light study / journal

10:00-1:30 AM – Chill time / wind down

1:30-2:30 AM – Sleep prep

Schedule Enhancements from PDF Summary

Sleep Schedule Foundation

- Sleep: 2:30-2:45 AM – 9:30-9:45 AM (7 hours minimum)
- Wake Up: 9:30–9:45 AM daily for consistency

Key Principles

- Peak Energy (10:30 AM - 12:30 PM): Reserved for AWS Study
- Good Energy (1:00 PM - 3:00 PM): Family time when fully present
- Moderate Energy (3:00 PM - 4:00 PM): Quick tasks like job applications
- Low Energy (Pre-work): Rest and preparation

Family Protection

- 1:00 PM - 3:00 PM Daily: Sacred family time, no laptop
- Sunday 1:00 PM - 4:00 PM: Extended family outings
- Saturday 1:00 PM - 3:30 PM: Special weekend family time

Flexibility Built In

- Buffer Time: 30 minutes before work prep each day
- Catch-up Time: Sunday night can absorb overflow
- Rest Periods: Built into each day before work

Weekly Targets

- AWS Study: 12+ hours/week
- Job Applications: 10–15/week
- Family Time: 15+ focused hours/week
- Business Management: 3–4 hours batched
- Personal Development: 3–4 hours (reading)

Sleep Protection

- Consistent Wake Time: 9:30–9:45 AM
- Wind Down Start: 1:30 AM
- Sleep Target: 7 hours minimum nightly
- Weekend Recovery: Longer wind-down on Saturday