

Morning question: What would make today successful?	6am	Rise, shower and breakfast; Contrive day's business.
	7	
	8	Work.
	9	
	10	
	11	Snack, essential but inferior work, daylight specific chores, study.
	12	
	1	Excercise, lunch, correspondence, and a game.
	2	
	3	Work.
	4	
	5	
	6	Dinner, put things in their places, diversion, or conversation.
	7	
	8	
Evening questions: Was today successful? What should change for tomorrow?	9	Examination of the day, reading.
	10	Sleep.
	11	
	12	
	1	
	2	
	3	
	4	
	5	