

Date: _Fri 10/31 Halloween_

6:00			mourning routine
6:30			
7:00			breakfast
7:30			
8:00			Costume Work
8:30			
9:00			
9:30			
10:00			
10:30			
11:00			
11:30			Hour Planner
12:00			Lunch + walk
12:30			
1:00			CVS & Ribbon
1:30			
2:00			
2:30			Pickup Nora & Jack
3:00			Mockup
3:30			
4:00			Sarah home & Get Dressed
4:30			Pack for Halloween
5:00			Leave for Halloween
5:30			
6:00			
6:30			
7:00			
7:30			

Top 3 Things

1.	Costume Work
2.	Hour Planner
3.	Mockup

Notes

[illegible]

Habits

Walk	[]
Stretch	[]
Water x3	[]
10 min sweat	[]