

0500 - 0600

- sleep cycle alarm clock

90 minutes morning routine with alarm clock

computer & phone off, radio on

no eating under any circumstances, people can not eat

- toilet
- coffee in mini cup / tea in normal cup / tap || botteled water
- weather on the phone
- unpack backpack
- top clean up
- prepare clothes
- prepare eggs + chia + water
- pack backpack
- wash
- put on clothes

2130

- back home
- unpack

2200

- in bed, not too warm, breath in + breath out, no movies