

Schedule Example	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
5:30		Reading	Submit Homework	Go over Missed HW problems	Readings	Readings	
6:00		Cycling	Basement Workout	Go over Missed HW problems	Readings	Readings	
6:30		Cycling		Readings	Basement Workout		
7:00							Readings
7:30		Work-commute	Work-commute	Work-commute	Work-commute	Work-commute	Readings
8:00	Readings	Work	Work	Work	Work	Work	Pay Bills
8:30	Readings	Work	Work	Work	Work	Work	
9:00	Grocery Shopping	Work	Work	Work	Work	Work	Homework
9:30	Grocery Shopping	Work	Work	Work	Work	Work	Homework
10:00	Grocery Shopping	Work	Work	Work	Work	Work	Haircut
10:30	Kid's Soccer Practice	Work	Work	Work	Work	Work	
11:00	Kid's Soccer Practice	Work	Work	Work	Work	Work	Readings
11:30	Kid's Soccer Practice	Work	Work	Work	Work	Work	Readings
12:00	Kid's Soccer Practice	Work	Work	Work	Work	Work	
12:30	Kid's Soccer Practice	Work	Work	Work	Work	Work	
13:00	Kid's Soccer Practice	Work	Work	Work	Work	Work	Cycling
13:30	Lunch	Work	Work	Work	Work	Work	Cycling
14:00	Readings	Work	Work	Work	Work	Work	
14:30	Readings	Work	Work	Work	Work	Work	
15:00	Leisurely Walk	Work	Work	Work	Work	Work	
15:30	Homework	Work	Work	Work	Work	Work	
16:00	Homework	Work	Work	Work	Work	Work	
16:30	Prep for Sunday Dinner	Work	Work	Work	Work	Work	
17:00	Prep for Sunday Dinner	Work	Work	Work	Work	Work	
17:30	Prep for Sunday Dinner	Work-commute	Homework DUE	Work-commute	Work-commute	Work-commute	
18:00	Sunday Dinner	Snack/Order Pizza	Classroom Time	Walk	Dinner	Tennis	
18:30	Sunday Dinner	Homework	Classroom Time	Dinner	Dinner	Tennis	
19:00	Sunday Dinner	Homework	Classroom Time	Dinner	Dinner	Tennis	
19:30	Sunday Dinner	Pizza	Classroom Time	Readings	Homework	Dinner	
20:00	Entertainment Tonight	Pizza	Classroom Time	Readings	Homework	Dinner	
20:30	Entertainment Tonight	Homework	Classroom Time	Movie Night			
21:00		Homework	Classroom Time	Movie Night			
21:30			Classroom Time	Movie Night			
22:00	Zzzzzzzzzzzzz			Movie Night			

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Jamie's Schedule	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00							
6:30		play w/ dogs	play w/ dogs	prepare for class	play w/ dogs	play w/ dogs	
7:00		get ready	get ready	get ready	get ready	get ready	
7:30		work commute	work commute	work commute	work commute	work commute	
8:00		work	work	work	work	work	
8:30		work	work	work	work	work	
9:00	coffee and set goals	work	work	work	work	work	play w/ dogs
9:30	play w/ dogs	work	work	work	work	work	brunch
10:00	house chores	work	work	work	work	work	brunch
10:30	house chores	work	work	work	work	work	grocery shop
11:00	lunch	work	work	work	work	work	grocery shop
11:30	lunch	work	work	work	work	work	grocery shop
12:00	study	work	work	work	work	work	study
12:30	study	work	work	work	work	work	study
13:00	study	lunch	lunch	lunch	lunch	lunch	study
13:30	study	work	work	work	work	work	study
14:00	study	work	work	work	work	work	study
14:30	study	work	work	work	work	work	study
15:00	study	work	work	work	work	work	study
15:30	study	work	work	work	work	work	study
16:00	dinner	work	work	work	work	work	dinner
16:30	dinner	work commute	work commute	work commute	work commute	work commute	dinner
17:00	play w/ dogs	play w/ dogs	play w/ dogs	prepare for class	play w/ dogs	play w/ dogs	play w/ dogs
17:30	yard work or chores	Study	Study	Class	Study	Free night	Free night
18:00	yard work or chores	Study	Study	Class	Study	Free night	Free night
18:30	rest	Study	Study	Class	Study	Free night	Free night
19:00	rest	Study	Study	Class	Study	Free night	Free night
19:30	laundry and TV	Study	dinner	Class	dinner	Free night	Free night
20:00	laundry and TV	Study	dinner	Class	dinner	Free night	Free night
20:30	laundry and TV	dinner	tv	dinner	tv	Free night	Free night
21:00	laundry and TV	dinner	tv	dinner	tv	Free night	Free night
21:30	laundry and TV	tv	tv	tv	tv	Free night	Free night
22:00	read	read	read	read	read	Free night	Free night
22:30	bedtime	bedtime	bedtime	bedtime	bedtime	bedtime	bedtime
23:00							
23:30							
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
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6:45							
7:00		Work Commute	Work Commute	Work Commute	Work Commute	Work Commute	
7:15		Work Commute	Work Commute	Work Commute	Work Commute	Work Commute	
7:30		Work	Work	Work	Work	Work	
7:45		Work	Work	Work	Work	Work	
8:00		Work	Work	Work	Work	Work	
8:15		Work	Work	Work	Work	Work	
8:30		Work	Work	Work	Work	Work	
8:45		Work	Work	Work	Work	Work	
9:00		Work	Work	Work	Work	Work	
9:15		Work	Work	Work	Work	Work	
9:30		Work	Work	Work	Work	Work	
9:45		Work	Work	Work	Work	Work	
10:00		Work	Work	Work	Work	Work	
10:15		Work	Work	Work	Work	Work	
10:30		Work	Work	Work	Work	Work	
10:45		Work	Work	Work	Work	Work	
11:00		Work	Work	Work	Work	Work	
11:15		Work	Work	Work	Work	Work	
11:30		Work	Work	Work	Work	Work	
11:45		Work	Work	Work	Work	Work	
12:00		Work	Work	Work	Work	Work	
12:15		Work	Work	Work	Work	Work	
12:30		Work	Work	Work	Work	Work	
12:45		Work	Work	Work	Work	Work	
13:00		Work	Work	Work	Work	Work	
13:15		Work	Work	Work	Work	Work	
13:30		Work	Work	Work	Work	Work	
13:45		Work	Work	Work	Work	Work	
14:00		Work	Work	Work	Work	Work	
14:15		Work	Work	Work	Work	Work	
14:30		Work	Work	Work	Work	Work	
14:45		Work	Work	Work	Work	Work	
15:00		Work	Work	Work	Work	Work	
15:15		Work Commute	Work Commute	Work Commute	Work Commute	Work Commute	
15:30		Work Commute	Work Commute	Work Commute	Work Commute	Work Commute	
15:45		Pick up Kids from School	Pick up Kids from School	Pick up Kids from School	Pick up Kids from School	Pick up Kids from School	
16:00		Pick up Kids from School	Pick up Kids from School	Pick up Kids from School	Pick up Kids from School	Pick up Kids from School	
16:15		Family Time	Family Time	Dinner Prep	Family Time	Family Time	
16:30		Family Time	Family Time	Dinner Prep	Family Time	Family Time	
16:45		Dinner Prep	Dinner Prep	Dinner Prep	Dinner Prep	Dinner Prep	
17:00		Dinner Prep	Dinner Prep	Dinner	Dinner Prep	Dinner Prep	
17:15		Dinner Prep	Dinner Prep	Dinner	Dinner Prep	Dinner Prep	
17:30		Dinner	Dinner	Coder Girl Class	Dinner	Dinner	
17:45		Dinner	Dinner	Coder Girl Class	Dinner	Dinner	
18:00				Coder Girl Class	Study Group/Class work	Study Group/Class work	
18:15				Coder Girl Class	Study Group/Class work	Study Group/Class work	
18:30				Coder Girl Class	Study Group/Class work	Study Group/Class work	
18:45				Coder Girl Class	Study Group/Class work	Study Group/Class work	
19:00				Coder Girl Class	Study Group/Class work	Study Group/Class work	
19:15				Coder Girl Class	Study Group/Class work	Study Group/Class work	
19:30				Coder Girl Class	Study Group/Class work	Study Group/Class work	
19:45				Coder Girl Class	Study Group/Class work	Study Group/Class work	
20:00				Coder Girl Class	Study Group/Class work	Study Group/Class work	
20:15				Coder Girl Class	Study Group/Class work	Study Group/Class work	

20:30			Coder Girl Class	Study Group/Class work	Study Group/Class work	
20:45				Study Group/Class work	Study Group/Class work	
21:00				Study Group/Class work	Study Group/Class work	
21:15						
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9:15							
9:30		DS Study	DS Study	DS Study	DS Study	DS Study	
9:45		DS Study	DS Study	DS Study	DS Study	DS Study	
10:00	DS Study	DS Study	DS Study	DS Study	DS Study	DS Study	DS Study
10:15	DS Study	DS Study	DS Study	DS Study	DS Study	DS Study	DS Study
10:30	DS Study	DS Study	DS Study	DS Study	DS Study	DS Study	DS Study
10:45	DS Study						DS Study
11:00	DS Study						DS Study
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13:15		DS Study	DS Study	DS Study	DS Study	DS Study	
13:30		DS Study	DS Study	DS Study	DS Study	DS Study	
13:45		DS Study	DS Study	DS Study	DS Study	DS Study	
14:00		DS Study	DS Study	DS Study	DS Study	DS Study	
14:15		DS Study	DS Study	DS Study	DS Study	DS Study	
14:30							
14:45							
15:00	DS Study						DS Study
15:15	DS Study						DS Study
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15:45	DS Study						DS Study
16:00	DS Study						DS Study
16:15	DS Study						DS Study
16:30	DS Study						DS Study
16:45	DS Study						DS Study
17:00	DS Study						DS Study
17:15							
17:30				DS Class			
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6:45												
7:00		Wake Up	Wake Up	Wake Up	Wake Up	Wake Up						
7:15												
7:30												
7:45												
8:00	Wake Up	Readings	Readings	Submit HW	Review HW	Readings	Wake Up					
8:15												
8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast					
8:45												
9:00	Walk/Exercise	Walk/Exercise	Walk/Exercise	Walk/Exercise	Walk/Exercise	Walk/Exercise	Walk/Exercise					
9:15												
9:30												
9:45												
10:00	Chores	Chores	Chores	Chores	Chores	Chores						
10:15												
10:30												
10:45												
11:00		Readings	Readings	Readings	Review HW	Readings						
11:15		Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep						
11:30												
11:45		Lunch	Lunch	Lunch	Lunch	Lunch						
12:00	Lunch Prep											
12:15												
12:30	Lunch											
12:45												
13:00		Homework	Homework	Homework	Readings	Homework						
13:15												
13:30												
13:45												
14:00		Shower/Relax	Shower/Relax	Shower/Relax	Shower/Relax	Shower/Relax						
14:15												
14:30												
14:45												
15:00		Homework	Homework	Homework	Homework	Homework						
15:15												
15:30												
15:45												
16:00		Gaming/TV	Gaming/TV	Gaming/TV	Gaming/TV	Gaming/TV						
16:15												
16:30												
16:45												
17:00	Dinner Prep				Snack							
17:15												
17:30												
17:45												
18:00												



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18:15				Classroom Time			
18:30	Dinner	Dinner	Dinner		Dinner	Dinner	Dinner
18:45							
19:00							
19:15							
19:30		Date Night w/Girlfriend		Family Night	Date Night w/Husband		
19:45							
20:00							
20:15							
20:30							
20:45							
21:00			Light Dinner				
21:15							
21:30							
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
5:15		Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	
5:30							
5:45		Commute	Commute	Commute	Commute	Commute	
6:00	Sleep						Sleep
6:15							
6:30							
6:45							
7:00	Rest						Rest
7:15							
7:30							
7:45							
8:00	Med School Apps						Med School Apps
8:15							
8:30							
8:45							
9:00	Rest						Rest
9:15							
9:30							
9:45							
10:00	DS Study						DS Study
10:15							
10:30							
10:45							
11:00	Rest						Rest
11:15							
11:30							
11:45							
12:00	Lunch						Lunch
12:15							
12:30							
12:45							
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14:00							
14:15							
14:30							
14:45		Work	Work	Work	Work	Work	
15:00							
15:15							
15:30							



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00		Workout	Workout	Workout	Workout	Workout	
5:15							
5:30							
5:45							
6:00							
6:15		Get Ready	Get Ready	Get Ready	Get Ready	Get Ready	
6:30							
6:45		Quick Clean	Quick Clean	Quick Clean	Quick Clean	Quick Clean	
7:00	Wakeup	Homework/Study	Homework/Study	Homework/Study	Homework/Study	Homework/Study	Wakeup
7:15	Study/homework a few hours at some point						Study/homework a few hours at some point
7:30							
7:45							
8:00		Work	Work	Work	Work	Work	
8:15							
8:30							
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15:45							
16:00		Finish Work	Finish Work	Finish Work	Finish Work	Finish Work	
16:15		Quick Clean/ Dinner	Quick Clean/ Dinner	Quick Clean/ Dinner	Quick Clean/ Dinner	Quick Clean/ Dinner	
16:30							
16:45							
17:00							
17:15							
17:30		Homework/Study	Homework/Study	Homework/Study	Homework/Study	Homework/Study	
17:45							
18:00							
18:15							
18:30							
18:45							
19:00							
19:15							
19:30							
19:45							
20:00		Relax Time	Relax Time	Relax Time	Relax Time	Relax Time	
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							
21:45		Bed	Bed	Bed	Bed	Bed	
22:00							
22:15							
22:30							
22:45							
23:00							
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23:45							
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:15	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:30							
5:45							
6:00			Exercise		Exercise		
6:15							
6:30							
6:45							
7:00		Work	Work	Work	Work	Work	
7:15							
7:30							
7:45							
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11:45							
12:00	Class						
12:15	Work						
12:30							
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14:15							
14:30							
14:45							
15:00							
15:15							
15:30		Work	Work	Work	Work	Work	



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:15							
5:30							
5:45							
6:00		Dogs		Dogs	Dogs		Dogs
6:15							Sleep
6:30							
6:45							
7:00							
7:15					Breakfast w/Betsy		
7:30		Breakfast	Breakfast	Breakfast		Breakfast	
7:45							
8:00		Work (8.5 hr)	Work (8.5 hr)	Work (7.5 hr)		Work (7.5 hr)	
8:15							
8:30					Work (8 hr)		
8:45							
9:00							Breakfast
9:15							
9:30	Breakfast						Study
9:45							
10:00	Church						Break
10:15							
10:30							
10:45							
11:00							Break
11:15							
11:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
11:45							
12:00		Walk	Walk	Walk	Walk	Walk	
12:15							
12:30	Walk	Work	Work	Work	Work	Work	Lunch
12:45							
13:00							
13:15							
13:30	Study (3hr)						Walk
13:45							
14:00							
14:15	Break						
14:30							
14:45							Unscheduled
15:00							for errands,
15:15	Break						chill time,
15:30							or anything else
15:45							
16:00							
16:15							
16:30	Walk			Dinner		Walk	
16:45							
17:00	Commute					Commute	Walk
17:15							
17:30	Mom	Walk	Walk	Class	Walk	Mom	Commute
17:45							
18:00		Dinner	Dinner		Dinner	Dinner	Mom
18:15							
18:30	Dinner						Dinner
18:45							
19:00		Study (2 hr)	Study (2.5 hr)		Study (2.5 hr)	Mom	
19:15							
19:30	Mom						Mom
19:45		Break	Break		Break		

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20:00		Movie/Chill Time	Break		Break		
20:15							
20:30				Break			
20:45							
21:00				Complete In-Class			
21:15				Assignment			
21:30							
21:45		Chill Time					
22:00	Commute					Commute	Commute
22:15		Dogs			Dogs		
22:30	In Bed/Read	In Bed/Read	In Bed/Read	In Bed/Read	In Bed/Read		
22:45							
23:00	Sleep	Sleep	Sleep	Sleep	Sleep		
23:15						In-Class DUE	Dogs
23:30						In Bed/Read	In Bed/Read
23:45						Sleep	Sleep
0:00							



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
5:15							
5:30							
5:45							
6:00				Wake Up			
6:15				Morning Ritual			
6:30							
6:45							
7:00	Wake Up			Flow State			
7:15							
7:30	Morning Ritual				Morning Ritual		
7:45							
8:00							
8:15							
8:30							
8:45	Commute						
9:00	Work Float		DS Work	Home School	Home School	Massage Studio	Work Float
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00			Lunch				
12:15							
12:30							
12:45							
13:00			DS Work				
13:15							
13:30							
13:45		House					
14:00							
14:15							
14:30							
14:45							
15:00							
15:15							
15:30							

15:45	Commute						Commute
16:00	Relax						Relax
16:15							
16:30	Yoga			Class Prep			
16:45							
17:00	DS Work					Date	DS Work
17:15						Night	
17:30				CLASS			
17:45							
18:00	Dinner						
18:15							
18:30							
18:45	House						
19:00	Maude						
19:15	Art/Homework/						
19:30	Chill/Sleep						
19:45	Whatever feels needed						
20:00	at that time!						
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							
21:45							
22:00							
22:15							
22:30							
22:45							
23:00							
23:15							
23:30							
23:45							
0:00							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:15	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:45	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
6:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
6:15	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
6:30	Sleep	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Sleep
6:45	Sleep	Get ready	Get ready	Get ready	Get ready	Get ready	Sleep
7:00	Sleep	Get ready	Get ready	Get ready	Get ready	Get ready	Sleep
7:15	Sleep	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Sleep
7:30	Sleep	Work	Work	Work	Work	Work	Sleep
7:45	Sleep	Work	Work	Work	Work	Work	Sleep
8:00	Wake Up	Work	Work	Work	Work	Work	Wake Up
8:15	Get ready	Work	Work	Work	Work	Work	Get ready
8:30	Get ready	Work	Work	Work	Work	Work	Get ready
8:45	Breakfast	Work	Work	Work	Work	Work	Breakfast
9:00	Breakfast	Work	Work	Work	Work	Work	Breakfast
9:15	Breakfast	Work	Work	Work	Work	Work	Breakfast
9:30	Breakfast	Work	Work	Work	Work	Work	Breakfast
9:45	Travel	Work	Work	Work	Work	Work	Travel
10:00	Rock Climbing	Work	Work	Work	Work	Work	Bike Ride
10:15	Rock Climbing	Work	Work	Work	Work	Work	Bike Ride
10:30	Rock Climbing	Work	Work	Work	Work	Work	Bike Ride
10:45	Rock Climbing	Work	Work	Work	Work	Work	Bike Ride
11:00	Rock Climbing	Work	Work	Work	Work	Work	Bike Ride
11:15	Rock Climbing	Work	Work	Work	Work	Work	Bike Ride
11:30	Rock Climbing	Work	Work	Work	Work	Work	Bike Ride
11:45	Travel	Work	Work	Work	Work	Work	Travel
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:15	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30	Lunch	Yoga	Yoga	Yoga	Yoga	Yoga	Lunch
12:45	Lunch	Yoga	Yoga	Yoga	Yoga	Yoga	Lunch
13:00	Family time	Work	Work	Work	Work	Work	Homework
13:15	Family time	Work	Work	Work	Work	Work	Homework
13:30	Family time	Work	Work	Work	Work	Work	Homework
13:45	Family time	Work	Work	Work	Work	Work	Homework
14:00	Family time	Work	Work	Work	Work	Work	Homework
14:15	Family time	Work	Work	Work	Work	Work	Homework
14:30	Family time	Work	Work	Work	Work	Work	Homework
14:45	Family time	Work	Work	Work	Work	Work	Homework
15:00	Family time	Work	Work	Work	Work	Work	Homework
15:15	Family time	Work	Work	Work	Work	Work	Homework
15:30	Family time	Work	Work	Work	Work	Work	Homework



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
5:15	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
5:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
5:45	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
6:00	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Sleep	Sleep	
6:15	Get ready	Get ready	Get ready	Get ready	Get ready	Sleep	Sleep	
6:30	Get ready	Get ready	Get ready	Get ready	Get ready	Sleep	Sleep	
6:45	Travel	Travel	Travel	Travel	Travel	Sleep	Sleep	
7:00	Work	Work	Work	Work	Work	Sleep	Sleep	
7:15	Work	Work	Work	Work	Work	Sleep	Sleep	
7:30	Work	Work	Work	Work	Work	Wake Up	Wake Up	
7:45	Work	Work	Work	Work	Work	Get ready	Get ready	
8:00	Work	Work	Work	Work	Work	Get ready	Get ready	
8:15	Work	Work	Work	Work	Work	Breakfast	Breakfast	
8:30	Work	Work	Work	Work	Work	Breakfast	Breakfast	
8:45	Work	Work	Work	Work	Work	Breakfast	Breakfast	
9:00	Work	Work	Work	Work	Work	Breakfast	Breakfast	
9:15	Work	Work	Work	Work	Work	Walk	Walk	
9:30	Work	Work	Work	Work	Work	Walk	Walk	
9:45	Work	Work	Work	Work	Work	House wo	House work	
10:00	Work	Work	Work	Work	Work	House wo	House work	
10:15	Work	Work	Work	Work	Work	House wo	House work	
10:30	Lunch	Lunch	Lunch	Lunch	Lunch	House wo	House work	
10:45	Lunch	Lunch	Lunch	Lunch	Lunch	Family tir	Family time	
11:00	Work	Work	Work	Work	Work	Family tir	Family time	
11:15	Work	Work	Work	Work	Work	Family tir	Family time	
11:30	Work	Work	Work	Work	Work	Family tir	Family time	
11:45	Work	Work	Work	Work	Work	Family tir	Family time	
12:00	Work	Work	Work	Work	Work	Lunch	Lunch	
12:15	Work	Work	Work	Work	Work	Lunch	Lunch	
12:30	Work	Work	Work	Work	Work	Lunch	Lunch	
12:45	Work	Work	Work	Work	Work	Lunch	Lunch	
13:00	Work	Work	Work	Work	Work	Homewor	Homework	
13:15	Work	Work	Work	Work	Work	Homewor	Homework	
13:30	Work	Work	Work	Work	Work	Homewor	Homework	
13:45	Work	Work	Work	Work	Work	Homewor	Homework	
14:00	Work	Work	Work	Work	Work	Homewor	Homework	
14:15	Work	Work	Work	Work	Work	Homewor	Homework	
14:30	Work	Work	Work	Work	Work	Homewor	Homework	
14:45	Work	Work	Work	Work	Work	Homewor	Homework	
15:00	Travel	Travel	Travel	Travel	Travel	Family tir	Family time	
15:15	Family tir	Relax	Family tir	Family tir	Family tir	Family tir	Family time	
15:30	Family tir	Relax	Family tir	Family tir	Family tir	Family tir	Family time	



5:00							
5:15							
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00	Brush teeth, wash face	Brush teeth, wash face	Brush teeth, wash face	Brush teeth, wash face	Brush teeth, wash face	Brush teeth, wash face	Brush teeth, wash face
10:15	Eat	Use facial wand then eat	Eat	Use facial wand then eat	Eat	Use facial wand then eat	Eat
10:30	Instacart until 6pm	Instacart until 6pm	Instacart until 6pm	Instacart until 6pm	Instacart until 6pm	Instacart until 6pm	Instacart until 6pm
10:45							
11:00							
11:15							
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
13:00							
13:15							
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13:45							
14:00							
14:15							
14:30							
14:45							
15:00							
15:15							
15:30							
15:45							
16:00							
16:15							
16:30							
16:45							
17:00							
17:15							
17:30							
17:45							
18:00	Study coding	Study coding	Study coding	Study coding	Study coding	Study coding	Study coding
18:15							
18:30							
18:45							
19:00							
19:15							
19:30							
19:45							
20:00							
20:15							
20:30	Study Japanese	Study Japanese	Study Japanese	Study Japanese	Study Japanese	Study Japanese	Study Japanese
20:45							
21:00							
21:15							
21:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
21:45							
22:00							
22:15							
22:30							
22:45							
23:00							
23:15							

23:30							
23:45							
0:00							



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00		Commute	Commute	Commute			
5:15							
5:30							
5:45							
6:00		Work	Work	Work			
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00	Study						
9:15							
9:30							
9:45							
10:00					Study	Study	Study
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
13:00					Study	Study	Study
13:15							
13:30							
13:45							
14:00							
14:15							
14:30							
14:45							
15:00							
15:15							
15:30							
15:45							
16:00							
16:15							
16:30		Commute	Commute	Commute			
16:45							
17:00							
17:15							
17:30	Study	Class	Study	Class			
17:45							
18:00							
18:15							
18:30							
18:45							
19:00							
19:15							
19:30							
19:45							
20:00							
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							
21:45							

22:00							
22:15							
22:30							
22:45							
23:00							
23:15							
23:30							
23:45							
0:00							

[illegible]

[illegible]

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
5:15							
5:30		Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	
5:45							
6:00		Exercise	Exercise	Exercise	Exercise	Excerise	
6:15							
6:30							
6:45							
7:00							
7:15		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
7:30							
7:45							
8:00		Coding/Work	Coding	Coding/Work	Coding	Coding/Work	
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
12:15							
12:30							
12:45							
13:00							
13:15							
13:30							
13:45							
14:00		Consults/ Coding	Consults/ Coding	Consults/Coding	Consults/Coding	Consults/Coding	
14:15							
14:30							
14:45							
15:00							
15:15							
15:30							
15:45							
16:00							
16:15							
16:30							

16:45						
17:00		Walk	Walk	Walk	Walk	Walk
17:15						
17:30						
17:45						
18:00						
18:15		Dinner	Dinner	Dinner	Dinner	Dinner
18:30						
18:45						
19:00						
19:15		Read	Read	Read	Read	Read
19:30						
19:45						
20:00						
20:15		Meditate	Meditate	Meditate	Meditate	Meditate
20:30						
20:45						
21:00		Bed	Bed	Bed	Bed	Bed
21:15						
21:30						
21:45						
22:00						
22:15						
22:30						
22:45						
23:00						
23:15						
23:30						
23:45						
0:00						



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
5:15							
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							
7:00							
7:15							
7:30		work	work	work	work	work	
7:45		work	work	work	work	work	
8:00		work	work	work	work	work	
8:15		work	work	work	work	work	
8:30		work	work	work	work	work	
8:45		work	work	work	work	work	
9:00		work	work	work	work	work	household duties
9:15		work	work	work	work	work	household duties
9:30		work	work	work	work	work	household duties
9:45		work	work	work	work	work	household duties
10:00		work	work	work	work	work	household duties
10:15		work	work	work	work	work	household duties
10:30		work	work	work	work	work	household duties
10:45		work	work	work	work	work	household duties
11:00		work	work	work	work	work	household duties
11:15		work	work	work	work	work	household duties
11:30		work	work	work	work	work	household duties
11:45		work	work	work	work	work	household duties
12:00		work	work	work	work	work	
12:15		work	work	work	work	work	
12:30		work	work	work	work	work	
12:45		work	work	work	work	work	
13:00	DS study	work	work	work	work	work	
13:15	DS study	work	work	work	work	work	
13:30	DS study	work	work	work	work	work	
13:45	DS study	work	work	work	work	work	
14:00	DS study	work	work	work	work	work	
14:15	DS study	work	work	work	work	work	
14:30	DS study	work	work	work	work	work	
14:45	DS study	work	work	work	work	work	
15:00	DS study	work	work	work	work	work	
15:15	DS study	work	work	work	work	work	
15:30	DS study	work	work	work	work	work	



15:45	DS study	work	work	work	work	work	
16:00		work	work	work	work	work	
16:15		work	work	work	work	work	
16:30		work	work	work	work	work	
16:45		work	work	work	work	work	
17:00		work	work	work	work	work	
17:15	dinner	dinner	dinner	break	dinner	dinner	dinner
17:30	dinner	dinner	dinner	DS Class	dinner	dinner	dinner
17:45	dinner	dinner	dinner	DS Class	dinner	dinner	dinner
18:00	dinner	dinner	dinner	DS Class	dinner	dinner	dinner
18:15	dinner	dinner	dinner	DS Class	dinner	dinner	dinner
18:30	family	family	family	DS Class	family	family	family
18:45	family	family	family	DS Class	family	family	family
19:00	family	family	family	DS Class	family	family	family
19:15	family	family	family	DS Class	family	family	family
19:30	DS study	DS study	DS study	DS Class	DS study	DS study	DS study
19:45	DS study	DS study	DS study	DS Class	DS study	DS study	DS study
20:00	DS study	DS study	DS study	DS Class	DS study	DS study	DS study
20:15	DS study	DS study	DS study	DS Class	DS study	DS study	DS study
20:30	DS study	DS study	DS study	DS Class	DS study	DS study	DS study
20:45	DS study	DS study	DS study	DS study	DS study	DS study	DS study
21:00	DS study	DS study	DS study	DS study	DS study	DS study	DS study
21:15							
21:30							
21:45							
22:00							
22:15							
22:30							
22:45							
23:00							
23:15							
23:30							
23:45							
0:00							

5:00	sleep	sleep	sleep	sleep	sleep	sleep	sleep
5:30	sleep	sleep	sleep	sleep	sleep	sleep	sleep
6:00	sleep	gym/biking or some workout	gym/biking or some workout	gym/biking or some workout	gym/biking or some workout	gym/biking or	sleep
6:30	sleep	gym	gym	gym	gym	gym	sleep
7:00	sleep	gym	gym	gym	gym	gym	sleep
7:30	sleep	Breakfast	breakfast	breakfast	breakfast	breakfast	sleep
8:00	gym/biking or some workout	work	work	mindfulness	mindfulness	mindfulness	gym/biking or some workout
8:30	gym	work	work	work	work	work	gym
9:00	gym	work	work	work	work	work	gym
9:30	gym	work	work	work	work	work	gym
10:00	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
10:30	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
11:00	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
11:30	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
12:00	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
12:30	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
13:00	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
13:30	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
14:00	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
14:30	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
15:00	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
15:30	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
16:00	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
16:30	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	work	work	Stores/side job/cleaning/ DS for a couple of hours
17:00	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	decompress	decompress	Stores/side job/cleaning/ DS for a couple of hours
17:30	Stores/side job/cleaning/ DS for a couple of hours	work	work	work	decompress	decompress	Stores/side job/cleaning/ DS for a couple of hours
18:00	Meal prep	work	work	work	dinner	dinner	Stores/side job/cleaning/ DS for a couple of hours
18:30	Meal prep	work	work	dinner	dinner	dinner	Stores/side job/cleaning/ DS for a couple of hours
19:00	Meal prep	work	work	dinner	study	study	Pleasure reading/TV/ Catching up with family
19:30	Meal prep	work	dinner/decompress	decompress	study	study	Pleasure reading/TV/ Catching up with family
20:00	Meal prep	work	decompress	study	study	study	Pleasure reading/TV/ Catching up with family
20:30	Pleasure reading/TV	Dinner/decompress	study	study	study	study	Pleasure reading/TV/ Catching up with family
21:00	Pleasure reading/TV	study	study	study	study	study	Pleasure reading/TV/ Catching up with family
21:30	Bed	study	study	study	Study	Study	Pleasure reading/TV/ Catching up with family
22:00	bed	Bed	bed	Bed	Bed	Bed	Bed

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 AM								
5:15 AM								
5:30 AM								
5:45 AM								
6:00 AM	Sleep is of the essence							
6:15 AM								
6:30 AM								
6:45 AM								
7:00 AM								
7:15 AM								
7:30 AM								
7:45 AM	Exercise					Yoga/Run		
8:00 AM	Pets/Plants							
8:15 AM								
8:30 AM	Breakfast	[eat outside]						
8:45 AM								
9:00 AM	Visit with Pads	LC Work	LC Work	LC Work	HW	LC Work	HW	
9:15 AM								
9:30 AM		8 hours	7 hours	6 hours	5 hours		5 hours	
9:45 AM								
10:00 AM						HW		
10:15 AM								
10:30 AM						5 hours		
10:45 AM								
11:00 AM	Shopping							
11:15 AM								
11:30 AM								
11:45 AM	1 hour							
12:00 PM	Lunch	[eat outside]						
12:15 PM								
12:30 PM								
12:45 PM								
1:00 PM	Meal Prep							
1:15 PM								
1:30 PM								
1:45 PM								
2:00 PM							Submit HW	
2:15 PM						Climb		
2:30 PM							Clean	
2:45 PM	2 hours							
3:00 PM	Call Family							
3:15 PM								
3:30 PM								
						Prep for		

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:45 PM	1.5 hours					WCA	
4:00 PM					Climb So		Draw in park
4:15 PM					iLL		
4:30 PM					7 hours		
4:45 PM							
5:00 PM				Dinner			
5:15 PM	Dinner		Dinner			Post video	
5:30 PM				Data Science			
5:45 PM							
6:00 PM	Climb		Office hours				
6:15 PM							
6:30 PM		Dinner			Dinner		
6:45 PM							
7:00 PM		Book Club					
7:15 PM			1.5 hours				
7:30 PM							
7:45 PM	2 hours						
8:00 PM							
8:15 PM		1.5 hours		3 hours			
8:30 PM							
8:45 PM							
9:00 PM							
9:15 PM							
9:30 PM							
9:45 PM							
10:00 PM							
10:15 PM							
10:30 PM							
10:45 PM							
11:00 PM							
11:15 PM							
11:30 PM							
11:45 PM							
0:00							

[illegible]

[illegible]

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:15	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:45	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
6:00	Sleep	Shower, coffee, wake up kids, breakfast	Shower, coffee, wake up kids, breakfast	Shower, coffee, wake up kids, breakfast	Shower, coffee, wake up kids, breakfast	Shower, coffee, wake up kids, breakfast	Sleep
6:15	Sleep						Sleep
6:30	Sleep						Sleep
6:45	Sleep						Sleep
7:00	Sleep						Sleep
7:15	Sleep						Sleep
7:30	Sleep	Work	Work	Work	Work	Work	Sleep
7:45	Shower, coffee, relax, read	Work	Work	Work	Work	Work	Shower, coffee, relax, read
8:00		Work	Work	Work	Work	Work	
8:15		Work	Work	Work	Work	Work	
8:30		Work	Work	Work	Work	Work	
8:45		Work	Work	Work	Work	Work	
9:00		Work	Work	Work	Work	Work	
9:15		Work	Work	Work	Work	Work	
9:30		Work	Work	Work	Work	Work	
9:45		Work	Work	Work	Work	Work	
10:00	DS Work	Work	Work	Work	Work	Work	DS Work
10:15		Work	Work	Work	Work	Work	
10:30		Work	Work	Work	Work	Work	
10:45		Work	Work	Work	Work	Work	
11:00		Work	Work	Work	Work	Work	
11:15		Work	Work	Work	Work	Work	
11:30		Work	Work	Work	Work	Work	
11:45		Work	Work	Work	Work	Work	
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
12:15							
12:30							
12:45		Work	Work	Work	Work	Work	
13:00		Work	Work	Work	Work	Work	
13:15		Work	Work	Work	Work	Work	
13:30	DS Work	Work	Work	Work	Work	Work	
13:45		Work	Work	Work	Work	Work	
14:00		Work	Work	Work	Work	Work	
14:15		Work	Work	Work	Work	Work	
14:30		Work	Work	Work	Work	Work	
14:45		Work	Work	Work	Work	Work	
15:00		Work	Work	Work	Work	Work	
15:15		Work	Work	Work	Work	Work	
15:30		Work	Work	Work	Work	Work	







	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
5:15							
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							
7:00		Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	
7:15							
7:30							
7:45							
8:00	Wake Up	Work	Work	Work	Work	Work	Wake Up
8:15		Work	Work	Work	Work	Work	
8:30		Work	Work	Work	Work	Work	
8:45		Work	Work	Work	Work	Work	
9:00	Study	Work	Work	Work	Work	Work	
9:15	Study	Work	Work	Work	Work	Work	
9:30	Study	Work	Work	Work	Work	Work	
9:45	Study	Work	Work	Work	Work	Work	Study
10:00	Study	Work	Work	Work	Work	Work	Study
10:15	Study	Work	Work	Work	Work	Work	Study
10:30	Study	Work	Work	Work	Work	Work	Study
10:45		Work	Work	Work	Work	Work	Study
11:00	Clean Yoga Studio	Work	Work	Work	Work	Work	Study
11:15		Work	Work	Work	Work	Work	Study
11:30		Work	Work	Work	Work	Work	Study
11:45		Work	Work	Work	Work	Work	Study
12:00		Work	Work	Work	Work	Work	Study
12:15		Work	Work	Work	Work	Work	
12:30		Work	Work	Work	Work	Work	
12:45		Work	Work	Work	Work	Work	
13:00	Study	Work	Work	Work	Work	Work	
13:15	Study	Work	Work	Work	Work	Work	
13:30	Study	Work	Work	Work	Work	Work	
13:45	Study	Work	Work	Work	Work	Work	
14:00	Study	Work	Work	Work	Work	Work	
14:15	Study	Work	Work	Work	Work	Work	
14:30	Study	Work	Work	Work	Work	Work	
14:45	Study	Work	Work	Work	Work	Work	
15:00	Study	Work	Work	Work	Work	Work	
15:15		Work	Work	Work	Work	Work	
15:30		Work	Work	Work	Work	Work	

15:45		Work	Work	Work	Work	Work	
16:00		Work	Work	Work	Work	Work	
16:15		Work	Work	Work	Work	Work	
16:30		Work	Work	Work	Work	Work	
16:45		Work	Work	Work	Work	Work	
17:00		Work	Work	Work	Work	Work	
17:15							
17:30							
17:45							
18:00							
18:15							
18:30		Study		Study			
18:45		Study		Study			
19:00		Study		Study			
19:15		Study		Study			
19:30		Study		Study			
19:45		Study		Study			
20:00		Study		Study			
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							
21:45							
22:00							
22:15							
22:30							
22:45							
23:00							
23:15							
23:30							
23:45							
0:00							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00								
5:15								
5:30								
5:45								
6:00		Feed baby	Feed baby	Feed baby	Feed baby	Feed baby	Feed baby	
6:15		Pump	Pump	Pump	Pump	Pump		
6:30		pump	Pump	Pump	Pump	Pump		
6:45		Get ready fo	get ready for	Get ready	get ready	Get ready for work		
7:00		Get ready fo	get ready for	Get ready	get ready	Get ready for work		
7:15		Get ready fo	get ready for	Get ready	get ready	Get ready for work		
7:30		Get ready fo	get ready for	Get ready	get ready	Get ready for work		
7:45		Commute	get ready for	Commute	get ready	Commute		
8:00		Commute	house stuff	Commute	Dr appoin	Commute	Breakfast	
8:15		Commute	house stuff	Commute	Dr appoir	Commute	Breakfast	
8:30		Work	house stuff	Work	Dr appoin	Work	Breakfast	
8:45		Work	house stuff	Work	Dr appoin	Work	Breakfast	
9:00		Work	feed baby	Work	dr appoin	Work	Family time	
9:15		Work	feed baby	Work	dr appoin	Work	Family time	
9:30		Work	study or baby	Work	study or b	Work	Family time	
9:45		Work	study or baby	Work	study or b	Work	Family time	
10:00		Work	study or baby	Work	study or b	Work	exercise	
10:15		Work	study or baby	Work	study or b	Work	exercise	
10:30		Work	study or baby	Work	study or b	Work	exercise	
10:45		Work	study or baby	Work	study or b	Work	exercise	
11:00		Work	study or baby	Work	study or b	Work	study or baby care	
11:15		Work	study or baby	Work	study or b	Work	study or baby care	
11:30		Work	feed baby	Work	feed baby	Work	study or baby care	
11:45		Work	feed baby	Work	feed baby	Work	study or baby care	
12:00		Work	lunch	Work	lunch	Work	lunch	
12:15		Work	lunch	Work	lunch	Work	lunch	
12:30		Work	study or baby	Work	study or b	Work		
12:45		Work	study or baby	Work	study or b	Work		
13:00		Work	study or baby	Work	study or b	Work		
13:15		Work	study or baby	Work	study or b	Work		
13:30		Work	study or baby	Work	study or b	Work		
13:45		Work	study or baby	Work	study or b	Work		
14:00	Study	Work	walk	Work	walk	Work	Study	
14:15	Study	Work	walk	Work	walk	Work	Study	
14:30	Study	Work	study or baby	Work	study or b	Work	study	
14:45	Study	Work	study or baby	Work	study or b	Work	study	
15:00		Work	study or baby	Work	study or b	Work		
15:15		Work	study or baby	Work	study or b	Work		
15:30		Work	study or baby	Work	study or b	Work		

15:45		Work	study or baby	Work	study or b	Work		
16:00		Work	study or baby	Work	study or b	Work	Me time	
16:15		Work	study or baby	Pick up CC	study or b	Work	Me time	
16:30		Work	study or baby	Pick up CC	study or b	Work	Me time	
16:45		Work	study or baby	Commute	study or b	Work	Me time	
17:00		Commute	study or baby	Get ready	study or b	Commute		
17:15		Commute	exercise	Get ready	exercise	Commute		
17:30		Commute	exercise	Homework	exercise	Commute		
17:45		organize baby	exercise	class	exercise	organize baby stuff		
18:00		organize baby	exercise	class	exercise	organize baby stuff		
18:15	feed baby	feed baby	feed baby	Class/feeding	feed baby	feed baby		
18:30	feed baby	feed baby	feed baby	Class/feeding	feed baby	feed baby		
18:45	feed baby	feed baby	feed baby	Class/feeding	feed baby	feed baby		
19:00	dinner	dinner	dinner	Class	dinner	dinner		
19:15	dinner	dinner	dinner	class	dinner	dinner		
19:30	dinner	dinner	dinner	Class	dinner	dinner		
19:45	put baby to bed	put baby to bed	put baby to bed	Class/feeding	put baby to bed	put baby to bed		
20:00	put baby to bed	put baby to bed	put baby to bed	Class	put baby to bed	put baby to bed		
20:15	study	study	study	Class	study	Hang with spouse		
20:30	study	study	study	Review class	study	hang with spouse		
20:45	study	study	hang with spouse	house stuff	hang with spouse	hang with spouse		
21:00	study	study	hang with spouse	house stuff	hang with spouse	hang with spouse		
21:15	get ready for bed	get ready for bed	get ready for bed	get ready for bed	get ready for bed	get ready for bed		
21:30	get ready for bed	get ready for bed	get ready for bed	get ready for bed	get ready for bed	get ready for bed		
21:45	get ready for bed	get ready for bed	get ready for bed	get ready for bed	get ready for bed	get ready for bed		
22:00	bed	bed	bed	bed	bed	bed		
22:15								
22:30								
22:45								
23:00								
23:15								
23:30								
23:45								
0:00								

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00	tentative sleep or stu	tentative sleep or stu	tentative sleep or stu	tentative sleep or stu	tentative sleep or stu	tentative sleep or stu	tentative sleep or stu
5:15							
5:30							
5:45							
6:00	Exercise/Meditation	Exercise/Meditation	Exercise/Meditation	Exercise/Meditation	Exercise/Meditation	Exercise/Meditation	Exercise/Meditation
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00	Cook and get ready	Cook and get ready	Cook and get ready	Cook and get ready f	Cook and get ready	Cook and get ready f	Cook and get read
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00	Kids time	Kids time	Kids time	Kids time	Kids time	Kids time	Kids time
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00	Outside Walk	Outside Walk	Outside Walk	Outside Walk	Outside Walk	Outside Walk	Outside Walk
12:15							
12:30							
12:45							
13:00	Rest time	Rest time	Rest time	Rest time	Rest time	Rest time	Rest time
13:15							
13:30							
13:45							
14:00							
14:15							
14:30							
14:45							
15:00	Study time	Study time	Study time	Study time	Study time	Study time	Study time
15:15							
15:30							
15:45							
16:00	Kids work	Kids work	Kids work	Kids work	Kids work	Kids work	Kids work
16:15							
16:30							
16:45							
17:00							
17:15							
17:30							
17:45							
18:00	Outside Walk	Outside Walk	Outside Walk		Outside Walk	Outside Walk	Outside Walk
18:15							
18:30							
18:45							
				Class time			

19:00				Class time			
19:15							
19:30							
19:45							
20:00							
20:15							
20:30	Dinner and cleanup	Dinner and cleanup	Dinner and cleanup		Dinner and cleanup	Dinner and cleanup	Dinner and cleanup
20:45							
21:00							
21:15							
21:30	Me time	Me time	Me time	Me time	Me time	Me time	Me time
21:45							
22:00							
22:15							
22:30	Study time	Study time	Study time	Study time	Study time	Study time	Study time
22:45	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
23:00							
23:15							
23:30							
23:45							
0:00							

Schedule Example	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
5:30		wake up	wake up	wake up	wake up	wake up	
6:00		Getting Ready	Getting Ready	Getting Ready	Getting Ready	Getting Ready	
6:30		Tiffine	Tiffine	Tiffine	Tiffine	Tiffine	
7:00							
7:30		exersice	exersice	exersice	exersice	exersice	
8:00		Bath	Bath	Bath	Bath	Bath	
8:30	Breakfast	Work	Work	Work	Work	Work	Breakfast
9:00	Breakfast	Prayer	Prayer	Prayer	Prayer	Prayer	Breakfast
9:30	India Call	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	India Call
10:00	India call	Work	Work	Work	Work	Work	India call
10:30	Time pass	Work	Work	Work	Work	Work	Time pass
11:00	Bath	Work	Work	Work	Work	Work	Bath
11:30	Being Ready	Work	Work	Work	Work	Work	Being Ready
12:00	Prayer	Lunch	Lunch	Lunch	Lunch	Lunch	Prayer
12:30	Lunch Prepartion	Homework	Homework	Homework	Homework	Homework	Lunch Prepartion
13:00	Lunch Time	Homework	Homework	Homework	Homework	Homework	Lunch Time
13:30	Lunch time	Homework	Homework	Homework	Homework	Homework	Lunch time
14:00	some work	Homework	Homework	Homework	Homework	Homework	some work
14:30	study	Homework	Homework	Homework	Homework	Homework	study
15:00	study	Time Pass	Time Pass	Time Pass	Time Pass	Time Pass	study
15:30	Homework	Homework	Homework	Homework	Homework	Homework	Homework
16:00	Homework	Homework	Homework	Homework	Homework	Homework	Homework
16:30	Prep for Sunday Dinner	Work	Work	Work	Work	Work	Prep for Dinner
17:00	Prep for Sunday Dinner	Work	Work	Work	Work	Work	Prep for Dinner
17:30	Walk	Walk	Homework	Walk	Walk	Walk	Walk
18:00	Sunday Dinner	Snacks	Classroom Time	Snacks	Snacks	Snacks	Dinner
18:30	Sunday Dinner		Classroom Time				Dinner
19:00	Sunday Dinner	Dinner Preparation	Classroom Time	Dinner Preparation	Dinner Preparation	Dinner Preparation	Dinner
19:30	Sunday Dinner		Classroom Time			Dinner	Dinner
20:00	Entertainment Tonight	Dinner	Classroom Time	Dinner	Dinner	Dinner	Entertainment
20:30	Entertainment Tonight	family Time	Classroom Time	Family Time	Family Time	Family Time	Entertainment
21:00			Classroom Time				
21:30			Classroom Time				
22:00							





[illegible]