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	Haircut
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	
	Sunday Dinner	Homework	Classroom Time	Dinner	Dinner	Tennis	
	Sunday Dinner	Homework	Classroom Time	Dinner	Dinner	Tennis	
	Sunday Dinner	Pizza	Classroom Time	Readings	Homework	Dinner	
	Entertainment Tonight	Pizza	Classroom Time	Readings	Homework	Dinner	
	Entertainment Tonight	Homework	Classroom Time	Movie Night		2	
21:00	Litter tallillelit Tolligiit	Homework	Classroom Time	- C			
21:30		Homework		Movie Night			
	7,,,,,,,,,,,,		Classroom Time	Movie Night  Movie Night			

	Sunday	Monday	Tuesday	Wednesd:	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
	laundry and TV	tv	tv	tv	tv	Free night	Free night
22:00	•	read	read	read	read	Free night	Free night
22:30	bedtime	bedtime	bedtime	bedtime	bedtime	bedtime	bedtime
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23:30							
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturda
5:00							
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6:45							
7:00		Work Commute					
7:15		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					
15:30		Work Commute					
15:45		Pick up Kids from School					
16:00		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					
17:00		Dinner Prep	Dinner Prep	Dinner	Dinner Prep	Dinner Prep	
		· ·	Dinner Prep		·	·	
17:15		Dinner Prep	·	Dinner  Coder Cirl Class	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	
20.00				Couci Gill Class	Study Group/Class WOIK	Study Group/ Class WOLK	

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
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9:15		DC Ctudu	DC Ctudu	DC Ctudy	DC Ctudu	DC Ctudy	
9:30		DS Study					
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	DS Study		DS Study				
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13:15		DS Study					
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15:30	DS Study						DS Study

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
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17:30			DS Class		
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5:00								
5:30								
6:00								
6:30								
7:00	Wake up	Wakeup	Wakeup	Wakeup	Wakeup	Wakeup	Wakeup	
7:30	Workout	Breakfast	Breakfast	Brakfast	Breakfast	Breakfast	Breakfast	
8:00	Breakfast	Get ready	Pilate	Get ready	Get ready	Get ready	Get ready	for work
8:30	Grocery S	Work	Pilate	Work	Work	Work	Work	
9:00	rocery sho	Work	Work	Work	Work	Work	Work	
9:30	Grocery S	Work	Work	Work	Work	Work	Work	
10:00	Work	Work	Work	Work	Work	Work	Work	
10:30	Work	Work	Work	Work	Work	Work	Work	
11:00	Work	Work	Work	Work	Work	Work	Work	
11:30	Work	Work	Work	Work	Work	Work	Work	
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12:30	Work	Work	Work	Work	Work	Work	Work	
13:00	Work	Work	Work	Work	Work	Work	WOrk	
13:30	Work	Work	Work	Work	Work	Work	Work	
14:00	Work	Work	Work	Work	Work	Work	Work	
14:30	Work	Work	Work	Work	Work	Work	Work	
15:00	Work	Work	Work	Work	Work	Work	Work	
15:30	Work	Work	Work	Work	Work	Work	Work	
16:00	Work	Work	Work	Work	Work	Work	Work	
16:30	Work	Work	Work	Work	Work	Work	Workout	
17:00	Work	Work	Work	Dinner	Work	Work	Dinner	
17:30	Dinner	Work	Work	Class	Work	Work	Hangout v	v/family
18:00	Dinner	Work	Work	Class	Work	Work		
18:30	Meal Prep	Work	Work	Class	Work	Work		
19:00	· ·	Work		Class	Work	Work		
19:30		Work	Work	Class		Work		
	Get boys		Dinner	Class	Dinner	Dinner		
20:30	200 00 70 1	= <b>c</b> .		Class	=			
	HW/Hous	Get hove r	Get hove r	Get boys r	Get ready	Get hove	ready for h	ed
	HW/Hous	•	Get boys i	Sec boys i	Secretary	Get boys i	cady for b	Cu
	Homewor		Ноисомог	Housewor	Ноисомог	·k/Hw	Housewor	٠k/ك١٨/
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6:45		Mala IIa	Males He	NA/alia IIIa	Males He	Mala Ha	
7:00 7:15		Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	
7:30							
7:45							
8:00	Wake Up						Wake Up
8:15	· ·	Readings	Readings	Submit HW	Review HW	Readings	
8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45							
9:00							
9:15	Walk/Exercise	Walk/Exercise	Walk/Exercise	Walk/Exercise	Walk/Exercise	Walk/Exercise	Walk/Exercise
9:30	Walky Exercise	Walky Laci Cisc	Walky Exercise	vvalky Exercise	Walky Exercise	Walky Exercise	Walky Exercise
9:45							
10:00							
10:15	Chores	Chores	Chores	Chores	Chores	Chores	
10:30							
10:45		Readings	Readings	Readings	Review HW	Readings	
11:00			J				
11:15		Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep	
11:30		·	·	•	·	·	
11:45							
12:00	Lunch Prep	Lunch	Lunch	Lunch	Lunch	Lunch	
12:15							
12:30	-						
12:45	Lunch						
13:00							
13:15		Homework	Homework	Homework	Readings	Homework	
13:30							
13:45 14:00							
14:00							
14:30		Shower/Relax	Shower/Relax	Shower/Relax	Shower/Relax	Shower/Relax	
14:45							
15:00							
15:15							
15:30		Homework	Homework	Homework	Homework	Homework	
15:45							
16:00							
16:15							
16:30				Gaming/TV	Gaming/TV	Gaming/TV	
16:45							
17:00		Gaming/TV	Gaming/TV				
17:15				Snack			
17:30							
17:45	Dinner Prep						
18:00	İ						
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18:15							
18:30							
18:45	Dinner	Dinner	Dinner		Dinner	Dinner	Dinner
19:00	Dillilei	Diffile	Dillilei	Classroom Time	Diffile	Diffile	Diffile
19:15							
19:30							
19:45							
20:00							
20:15							
20:30		Date Night w/Girlfriend			Family Night	Date Night w/Husband	
20:45		Date Night W/Giriniena			ranning Nignic	Date Night w/Husband	
21:00				Light Dinner			
21:15							
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	Sunday	Monday	Tuesday	Wednesda	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							
6:15							
6:30							
6:45	Sleep						Sleep
7:00							
7:15							
7:30							
7:45	Rest						Rest
8:00							
8:15							
8:30							
8:45	Med						Med
9:00	School						School
9:15	Apps						Apps
9:30							
9:45	Rest						Rest
10:00							
10:15							
10:30							
10:45	DS Study						DS Study
11:00							
11:15							
11:30							
11:45	Rest						Rest
12:00							
12:15							
12:30							
12:45	Lunch						Lunch
13:00							
13:15							
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14:15							
14:30							
14:45		Work	Work	Work	Work	Work	
15:00							
15:15							
15:30							

15:45	Misc.	Rest	Rest	Rest	Rest	Rest	Misc.
16:00							
16:15							
16:30							
16:45		DS Study					
17:00							
17:15							
17:30							
17:45	DS Study	Misc.	Misc.	Misc.	Misc.	Misc.	DS Study
18:00							
18:15							
18:30							
18:45	Dinner						
19:00							
19:15							
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20:15	Med						
20:30	School						
20:45	Apps						
21:00							
21:15	∕lindfulnes	∕lindfulnes	∕lindfulnes	∕lindfulnes	/lindfulnes	/lindfulnes	Rest
21:30							
21:45							/lindfulnes
22:00							
22:15							
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22:45							
23:00							
23:15							
23:30							
23:45							
0:00	Sleep						

	Cunday	Monday	Tuesday	Madagaday	Thursday	Friday.	Catuaday
	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					
6:30							
6:45		Quick Clean					
	Wakeup				Homework/Study		Wakeup
		Homework/Study	nomework/study	Homework/Study	Homework/Study	Homework/Study	
	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							
8:45							
9:00							
9:15							
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14:45							
15:00							
15:15							
15:30							
15:45							
16:00		Finish Work					
16:15		Quck 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					
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							
21:45		Bed	Bed	Bed	Bed	Bed	
22:00							
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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							
8:00							
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11:30							
11:45							
12:00	Class						
12:15	Work						
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13:00							
13:15							
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14:45							
15:00							
15:15		Mode	Mort	Monte	\A/owle	Mode	
15:30		Work	Work	Work	Work	Work	

15:45							
16:00							
16:15							
16:30							
16:45							
17:00							
17:15				Homework			
17:30		Exercise		DS Class		Exercise	
17:45							
18:00			Class		Class		
18:15			Work		Work		
18:30							
18:45							
19:00							
19:15							
19:30							
19:45							
20:00		Class				Class	
20:15		Work				Work	
20:30				DS Class			
20:45							
21:00							
21:15							
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22:00							
22:15							
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23:15							
23:30							
23:45							
0:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:15							
5:30							
5:45 6:00	•	Dogs		Dogs	Dogs		Dogs
6:15				D063	2063		Sleep
6:30							
6:45							
7:00							
7:15					Breakfast w/Betsy		
7:30		Breakfast	Breakfast	Breakfast		Breakfast	
7:45		W 1 (0.51.)	W 1 (0.51.)	W 1/751 \		W 1/7513	
8:00 8:15		Work (8.5 hr)	Work (8.5 hr)	Work (7.5 hr)		Work (7.5 hr)	
8:30					Work (8 hr)		
8:45					,		
9:00							Breakfast
9:15							
	Breakfast						Study
9:45							
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11:45		Lunch	Luncii	Lunch	Lunch	Lunch	
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	Walk	Work	Work	Work	Work	Work	Lunch
12:45							
13:00							
13:15							
13:30	Study (3hr)						Walk
13:45							
14:00							
	Break						
14:30							
14:45							Unscheduled
15:00							for errands,
15:15	Break						chill time, or anything else
15:45							or unything cise
16:00							
16:15							
	Walk			Dinner		Walk	
16:45							
17:00	Commute					Commute	Walk
17:15							
	Mom	Walk	Walk	Class	Walk	Mom	Commute
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18:00		Dinner	Dinner		Dinner	Dinner	Mom
18:15							D:
	Dinner						Dinner
18:45		Study (2 hr)	Study (2 E hr)		Study (2 E hr)	Mom	
19:00 19:15		Study (2 hr)	Study (2.5 hr)		Study (2.5 hr)	Mom	
	Mom						Mom
19:45		Break	Break		Break		IVIOIII
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20:00							
20:15							
20:30				Break			
20:45		Movie/Chill Time	Break		Break		
21:00				Complete In-Class			
21:15				Assignment			
21:30			<b>Submit Homework</b>		Chill Time		
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	Wednesda	Thursday	Friday	Saturday
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5:15							
5:30							
5:45							
6:00				Wake Up			
6:15				Morning			
6:30				Ritual			
6:45							
	Wake Up			Flow State	9		
7:15							
	Morning				Morning		
7:45	Ritual				Ritual		
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8:15							
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16:30 16:45	Toga	Class Prep		
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17:15	D3 WOIK		Night	D3 WOIK
17:30		CLASS	IVIGIT	
17:45		CLASS		
	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!			
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7:00 Sleep Get ready Get r		
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	Work Work	Breakfast
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	Lunch Lunch	Lunch
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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	
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9:00	Work	Work	Work	Work	Work	Breakfast	Breakfast	
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		Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
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	sleep						
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	sleep	sleep	wake up				
	sleep	sleep	work	work	work	work	work
	sleep	sleep	work	work	work	work	work
	sleep	sleep	work	work	work	work	work
	sleep	sleep	work	work	work	work	work
	sleep	wake up	work	work	work	work	work
	sleep	get ready		work	work	work	work
	sleep	get ready		work	work	work	work
	sleep	get ready		work	work	work	work
	wake up	Breakfast		work	work	work	work
8:15		open	work	work	work	work	work
8:30	•	open	work	work	work	work	work
	open	open	work	work	work	work	work
9:00	open	open	work	work	work	work	work
9:15	open	open	work	work	work	work	work
9:30	open	open	work	work	work	work	work
9:45	open	open	work	work	work	work	work
10:00	open	open	brunch	brunch	brunch	brunch	brunch
10:15	open	open	brunch	brunch	brunch	brunch	brunch
10:30	open	open	brunch	brunch	brunch	brunch	brunch
10:45	open	open	brunch	brunch	brunch	brunch	brunch
11:00	open	open	brunch	brunch	brunch	brunch	brunch
11:15	open	open	work	work	work	work	work
11:30		open	work	work	work	work	work
11:45	•	open	work	work	work	work	work
12:00	•	open	work	work	work	work	work
12:15		open	work	work	work	work	work
12:30	•	open	work	work	work	work	work
12:45		open	work	work	work	work	work
13:00		open	work	work	work	work	work
13:15		open	work	work	work	work	work
13:30		open	work	work	work	work	work
13:45		open	work	work	work	work	work
14:00		open	work	work	work	work	work
14:15		open	work	work	work	work	work
14:30		open	work	work	work	work	work
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15:45	jewelry bu	jewelry bu	jewelry bu	jewelry bu	jewelry bu	jewelry bu	jewelry business
16:00	dinner	dinner	dinner	dinner	dinner	dinner	dinner
16:15	dinner	dinner	dinner	dinner	dinner	dinner	dinner
16:30	dinner	dinner	dinner	dinner	dinner	dinner	dinner
16:45	dinner	dinner	dinner	dinner	dinner	dinner	dinner
17:00	study	study	study	study	study	study	study
17:15	study	study	study	study	study	study	study
17:30	study	study	study	study	class	study	study
17:45	study	study	study	study	class	study	study
18:00	study	study	study	study	class	study	study
18:15	study	study	study	study	class	study	study
18:30	study	study	study	study	class	study	study
18:45	study	study	study	study	class	study	study
19:00	study	study	study	study	class	study	study
19:15	relaxish	relaxish	relaxish	relaxish	class	relaxish	relaxish
19:30	relaxish	relaxish	relaxish	relaxish	class	relaxish	relaxish
19:45	relaxish	relaxish	relaxish	relaxish	class	relaxish	relaxish
20:00	relaxish	relaxish	relaxish	relaxish	class	relaxish	relaxish
20:15	relaxish	relaxish	relaxish	relaxish	class	relaxish	relaxish
20:30	relaxish	relaxish	relaxish	relaxish	class	relaxish	relaxish
20:45	relaxish	relaxish	relaxish	relaxish	relaxish	relaxish	relaxish
21:00	relaxish	relaxish	relaxish	relaxish	relaxish	relaxish	relaxish
21:15	ready for l	ready for	ready for	ready for	ready for l	ready for	ready for bed
21:30	ready for	ready for	ready for	ready for	ready for	ready for	ready for bed
21:45	ready for	ready for	ready for	ready for	ready for	ready for	ready for bed
22:00	sleep	sleep	sleep	sleep	sleep	sleep	sleep
22:15	sleep	sleep	sleep	sleep	sleep	sleep	sleep
22:30	sleep	sleep	sleep	sleep	sleep	sleep	sleep
22:45	sleep	sleep	sleep	sleep	sleep	sleep	sleep
23:00	sleep	sleep	sleep	sleep	sleep	sleep	sleep
23:15	sleep	sleep	sleep	sleep	sleep	sleep	sleep
23:30	sleep	sleep	sleep	sleep	sleep	sleep	sleep
23:45	sleep	sleep	sleep	sleep	sleep	sleep	sleep
0:00	sleep	sleep	sleep	sleep	sleep	sleep	sleep

	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							
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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					7	7	
14:30							
14:45							
15:00							
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15:45							
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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					
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23:45					
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00		Sleep		Sleep	Sleep	Sleep	Sleep	
5:15		Sleep		Sleep	Sleep	Sleep	Sleep	
5:30		Sleep		Sleep	Sleep	Sleep	Sleep	
5:45		Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
6:00	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	
6:15	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	
6:30	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	
6:45	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	Coffee Talk w/ Partner	
		Shower/dress for day		Shower/dress for day	Shower/dress for day	Shower/dress for day	Exercise	
		Shower/dress for day		Shower/dress for day	Shower/dress for day	Shower/dress for day	Exercise	
		Full-time job	Full-time job	Full-time job	Full-time job	Full-time job	Exercise	
	Breakfast + Rest Breakfast + Rest	Full-time job	Full-time job	Full-time job	Full-time job	Full-time job	Exercise	
		Full-time job + Breakfast Full-time job + Breakfast		Full-time job + Breakfast		Full-time job + Breakfast Full-time job + Breakfast	Shower	
	Breakfast + Rest Data Science Study	Full-time job + Breaklast	Full-time job	Full-time job + Breakfast Full-time job	Full-time job	Full-time job	Breakfast / Wkly Journaling	
		Full-time job		Full-time job	Full-time job	Full-time job	Weekly Journaling/Self-Care	
	•	Full-time job		Full-time job	Full-time job	Full-time job	Data Science Study	
	Data Science Study	Full-time job	Full-time job	Full-time job	Full-time job	Full-time job	Data Science Study	
		Full-time job		Full-time job	Full-time job	Full-time job	Data Science Study	
		Full-time job		Full-time job	Full-time job	Full-time job	Data Science Study	
		Full-time job		Full-time job	Full-time job	Full-time job	Data Science Study	
		Full-time job	Full-time job	Full-time job	Full-time job	Full-time job	Data Science Study	
10:30		Full-time job	•	Full-time job	Full-time job	Full-time job	Sleep	
10:45		Full-time job	Full-time job	Full-time job	Full-time job	Full-time job	Sleep	
11:00		Full-time job + Lunch		Full-time job + Lunch	Full-time job + Lunch	Full-time job + Lunch	Sleep	
11:15		Full-time job + Lunch		Full-time job + Lunch	Full-time job + Lunch	Full-time job + Lunch	Sleep	
11:30		Full-time job		Full-time job	Full-time job	Full-time job	Sleep	
11:45		Full-time job		Full-time job	Full-time job	Full-time job	Sleep	
12:00	•	Rest	Rest	Rest	Rest	Rest	Sleep	
12:15		Rest	Rest	Rest	Rest	Rest	Sleep	
12:30		Rest	Rest	Rest	Rest	Rest	Sleep	
12:45		Rest	Rest	Rest	Rest	Rest	Sleep	
13:00		Rest	Rest	Rest	Rest	Rest	Sleep	
13:15		Rest	Rest	Rest	Rest	Rest	Sleep	
13:30		Full-time job		Full-time job	Full-time job	Full-time job	Lunch	
13:45		Full-time job	Full-time job	Full-time job	Full-time job	Full-time job	Lunch	
		•		•	•	Full-time job		
	Meal prep	Full-time job	•	Full-time job	Full-time job	•	Meal prep Meal prep	
	Data Science Study	Full-time job		Full-time job Full-time job	Full-time job Full-time job	Full-time job Full-time job	Data Science Study	
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		Full-time job		Full-time job	Full-time job	Full-time job	Data Science Study	
		Full-time job	Full-time job	Full-time job	Full-time job	Full-time job	Wind down/Soc Media/TV	
		Full-time job	Full-time job	Full-time job	Full-time job	Full-time job	Wind down/Soc Media/TV	
		Exercise		Data Science Class	Exercise	Data Science Study	Monthly call w/ Friend	
		Exercise		Data Science Class	Exercise	Data Science Study	Monthly call w/ Friend	
		Shower		Data Science Class	Shower	Data Science Study	Monthly call w/ Friend	
		Transition time	, ,	Data Science Class	Wind down/Soc Media/TV	Data Science Study	Monthly call w/ Friend	
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6:00   sleep   symphiling or some workout   sleep   sym   sym   sym   sleep   sym   sym   sleep   sleep   sym   sleep   sym   sleep   sym   sleep   sym   sleep   sleep   sym   sleep   sym   sleep   sym   sleep   sym   sleep   sleep   sym   sleep   sym   sleep   sym   sleep   sym   sleep   sleep   sym   sleep   sym   sleep   sym   sleep   sym   sleep   sleep   sym   sleep   sym   sleep   sym   sleep   sym   sleep   sleep   sym   sleep   sym   sleep   sym   sleep   sym   sleep   sleep   sym   sleep   sym   sleep   sym   sleep   sym   sleep   sleep   sym   sy		sleep		sleep	sleep			
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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 study Pleasure reading/TV/ Catching up with family 20:00 Meal prep work dinner/decompress decompress study 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 20:00 Pleasure reading/TV Dinner/decompress study study study study Pleasure reading/TV/ Catching up with family 20:00 Pleasure reading/TV Dinner/decompress study study study pleasure reading/TV Study Pleasure reading/TV Study Study Study Study Pleasure reading/TV Study Pleasure reading/TV Study Study Study Pleasure reading/TV Study Pleasure reading/TV Study Study Study Pleasure reading/TV Staching up with family 21:30 Bed study study Study Study Study Study Pleasure reading/TV Staching up with family 21:30 Bed study study Study Study Study Study Pleasure reading/TV Staching up with family 21:30 Bed study study study Study Study Study Study Pleasure reading/TV Staching up with family 21:30 Bed study study study Study Study Study Study Study Pleasure reading/TV Staching up with family 21:30 Bed study	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
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19:00 Meal prep work work dinner study study Pleasure reading/TV/ Catching up with family 19:30 Meal prep work dinner/decompress study study Pleasure reading/TV/ Catching up with family 20:30 Meal prep work decompress study study study study pressure reading/TV (atching up with family 20:30 Pleasure reading/TV Dinner/decompress study study study study pressure reading/TV (atching up with family 21:30 Pleasure reading/TV study study study study Study Pleasure reading/TV/ Catching up with family 21:30 Bed study study study Study Study Study Pleasure reading/TV/ Catching up with family 21:30 Bed study study study Study Study Study Pleasure reading/TV/ Catching up with family	18:00	Meal prep	work	work	work	dinner	dinner	Stores/side job/cleaning/ DS for a couple of hours
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 Study Pleasure reading/TV/ Catching up with family	18:30	Meal prep	work	work	dinner	dinner	dinner	Stores/side job/cleaning/ DS for a couple of hours
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 study pleasure reading/TV/ Catching up with family 21:30 Bed study study study Study Study Study Pleasure reading/TV/ Catching up with family			work	work	dinner	study	study	
20:00 Meal prep work decomprress 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 Study Pleasure reading/TV/ Catching up with family	19:30		work	dinner/decompress	decompress	study	-	
20:30 Pleasure reading/TV Dinner/decompress study study study study study Pleasure reading/TV/Catching up with family 21:00 Pleasure reading/TV study study study study study study study Study Pleasure reading/TV/Catching up with family 21:30 Bed study Pleasure reading/TV								
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								
21:30 Bed study study study Study Study Study Pleasure reading/TV/ Catching up with family								
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	Sunday	Monday	Tuesday	Wednesd	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	LACICISC		.050/11011			
8:15 AM	. CtS/ Flames						
	Breakfast	[eat outsi	de]				
8:45 AM		-	-				
9:00 AM	Visit with	LC Work	LC Work	LC Work	HW	LC Work	HW
9:15 AM	Pads						
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 outsi	de]				
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	

				l			
	Sunday	Monday	Tuesday	Wednesd	Thursday		Saturday
3:45 PM						WCA	
4:00 PM					Climb So		Draw in
	1.5 hours				iLL		park
4:30 PM							
4:45 PM					7 hours		
5:00 PM				Dinner			
5:15 PM	Dinner		Dinner			Post video	)
5:30 PM				Data			
5:45 PM				Science			
6:00 PM	Climb		Office				
6:15 PM			hours				
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							

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5.00	Sunday	Monday	Tuesday	Wednesday	,	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	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
6:45	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
7:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
7:15	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	
7:30	Wake	Wake	Wake	Wake	Wake	Wake	Wake	
7:45	Wake	Wake	Wake	Wake	Wake	Wake	Wake	
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:45	Walk	Walk	Walk	Walk	Walk	Walk	Walk	
9:00	Walk	Walk	Walk	Walk	Walk	Walk	Walk	
9:15	Walk	Walk	Walk	Walk	Walk	Walk	Walk	
9:30	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
9:45	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
10:00	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
10:15	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
10:30	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
10:45	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
11:00	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
11:15	Work time	Work time	Work time	Work time	Work time	Work time	Work time	
11:30		Work time	Work time	Work time	Work time	Work time	Work time	
	Work time	Work time	Work time	Work time	Work time	Work time	Work time	
	Work time	Work time	Work time	Work time	Work time	Work time	Work time	
	Work time	Work time	Work time	Work time	Work time	Work time	Work time	
	Work time	Work time	Work time	Work time	Work time	Work time	Work time	
	Work time	Work time	Work time	Work time	Work time	Work time	Work time	
13:00	Work time	Work time	Work time	Work time	Work time	Work time	Work time	
13:15	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
13:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
13:45	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
14:00	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
14:15	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
14:30	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
14:45	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
15:00	Snack	Snack	Snack	Snack	Snack	Snack	Snack	
15:15	Snack	Snack	Snack	Snack	Snack	Snack	Snack	
15:30		Parent	Parent	Parent	Parent	Parent	Parent	
10:30	i alelli	ı alelil	ı alelil	ı alelil	ı alelil	1-aieill	raielli	

15:45	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
16:00	Work time	Work time	Work time	Work time	Work time	Work time	Work time	
16:15	Work time	Work time	Work time	Work time	Work time	Work time	Work time	
16:30	Work time	Work time	Work time	Work time	Work time	Work time	Work time	
16:45	Parent	Parent	Parent	Parent	Parent	Parent	Parent	
17:00	Parent	Parent	Parent	Dinner	Parent	Parent	Parent	
17:15	Dinner	Dinner	Dinner	Dinner	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	Parent	Parent	Parent	DS Class	Parent	Parent	Parent	
18:15	Parent	Parent	Parent	DS Class	Parent	Parent	Parent	
18:30	Parent	Parent	Parent	DS Class	Parent	Parent	Parent	
18:45	Walk	Walk	Walk	DS Class	Walk	Walk	Walk	
19:00	Walk	Walk	Walk	DS Class	Walk	Walk	Walk	
19:15	Walk	Walk	Walk	DS Class	Walk	Walk	Walk	
19:30	Snack	Snack	Snack	DS Class	Snack	Snack	Snack	
19:45	Snack	Snack	Snack	DS Class	Snack	Snack	Snack	
20:00	Kids Bath/Be	Kids Bath/Be	Kids Bath/B	DS Class	Kids Bath/Be	Kids Bath/Bo	Kids Bath/Be	edtime
20:15	Kids Bath/Be	Kids Bath/Be	Kids Bath/B	DS Class	Kids Bath/Be	Kids Bath/Bo	Kids Bath/Be	edtime
20:30	Kids Bath/Be	Kids Bath/Be	Kids Bath/B	DS Class	Kids Bath/Be	Kids Bath/Bo	Kids Bath/Be	edtime
20:45	Kids Bath/Be	Kids Bath/Be	Kids Bath/Be	DS Class	Kids Bath/Be	Kids Bath/Be	Kids Bath/Be	edtime
21:00	Kids Bath/Be	Kids Bath/Bo	Kids Bath/Bo	Kids Bedtim	Kids Bath/Bo	Kids Bath/Bo	Kids Bath/Be	edtime
21:15	Clean up/Re	Clean up/Re	Clean up/Re	Kids Bedtim	Clean up/Re	Clean up/Re	Clean up/Re	lax
21:30	Clean up/Re	Clean up/Re	Clean up/Re	Kids Bedtim	Clean up/Re	Clean up/Re	Clean up/Re	lax
21:45	Clean up/Re	Clean up/Re	Clean up/Re	Clean up/Re	Clean up/Re	Clean up/Re	Clean up/Re	lax
22:00	DS Work	DS Work	DS Work	Clean up/Re	DS Work	DS Work	DS Work	
22:15	DS Work	DS Work	DS Work	Clean up/Re	DS Work	DS Work	DS Work	
22:30	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	
22:45	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	
23:00	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	
23:15	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	
23:30	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	
23:45	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	
0:00	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	
1:00	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	
1:15	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	
1:30	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	
1:45	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	DS Work	

	Sunday	Monday	Tuesday	Wednesda	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		эгсер				Sleep
6:15	Sleep	Shower,	Shower,	Shower, coffee,	Shower,	Shower,	Sleep
6:30	Sleep	coffee, wake up	coffee,	wake up	coffee, wake up	coffee, wake up	Sleep
6:45	Sleep	kids,	wake up	kids,	kids,	kids,	Sleep
7:00	Sleep	breakfas	kids, breakfast	breakfas	breakfas	breakfas	Sleep
7:15	Sleep	t	Dieakiast	t	t	t	Sleep
7:30	Sleep	Work	Work	Work	Work	Work	Sleep
7:45		Work	Work	Work	Work	Work	
8:00		Work	Work	Work	Work	Work	
8:15		Work	Work	Work	Work	Work	
8:30	Shower,	Work	Work	Work	Work	Work	Shower,
8:45	coffee,	Work	Work	Work	Work	Work	coffee,
9:00	relax, read	Work	Work	Work	Work	Work	relax, read
9:15	read	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	DS Work	Work	Work	Work	Work	Work	DS 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							
12:15		Lunch	Lunch	Lunch	Lunch	Lunch	
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		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	DS Work	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	
15.50		VVOIR	VVOIR	VVOIR	VVOIR	VVOIR	

15:45		Work	Work	Work	Work	Work	Clean
16:00		Work	Work	Work	Work	Work	house,
16:15		Work	Work	Work	Work	Work	bathroom
16:30		Work	Work	Work	Work	Work	
16:45							
17:00				Relax & Dinner			
17:15				Diffile			
17:30		Kids	Kids		Kids	Kids	
17:45							
18:00							Laundry
18:15							
18:30							
18:45				Data			
19:00				Science			
19:15				CG Class			
19:30		DS Work	DS Work		DS Work	DS Work	
19:45							
20:00	DS Work						DS Work
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							
21:45							
22:00		Sleep	Sleep	Sleep	Sleep	Sleep	
22:15		Sleep	Sleep	Sleep	Sleep	Sleep	
22:30		Sleep	Sleep	Sleep	Sleep	Sleep	
22:45		Sleep	Sleep	Sleep	Sleep	Sleep	
23:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
23:15	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
23:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
23:45	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
0:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
7:00 AM	Quiet tim	Quiet time/Pray	Quiet time				
8:00 AM	Sleep	Work	Work	Work	Work	Work	Sleep
9:00 AM	Sleep	Work	Work	Work	Work	Work	Sleep
10:00 AM	Sleep	Work	Work	Work	Work	Work	Sleep
11:00 AM	Study tim	Work	Work	Work	Work	Work	Me time
12:00 PM	Study tim	Work	Work	Work	Work	Work	Me time
1:00 PM	Study tim	Work	Work	Work	Work	Work	Me time
2:00 PM	Shopping	Work	Work	Work	Work	Work	Me time
3:00 PM	Shopping	Work	Work	Work	Work	Work	Me time
4:00 PM	Me time	Work	Work	Work	Work	Work	Me time
5:00 PM	Me time	Work	Work	Work	Work	Work	Me time
5:30 PM	Me time	Relax	Relax	Class	Relax	Relax	Me time
6:00 PM	Exercise	Exercise	Relax	Class	Relax	Study	Me time
7:00 PM	Exercise	Exercise	Exercise	Class	Exercise	Study	Me time
8:00 PM	Me time	Me time	Exercise	Class	Exercise	Study	Me time
8:30 PM	Me time	Study time	Study time	Class	Study time	Me time	Me time
9:00 PM	Me time	Study time	Study time	Study	Study time	Me time	Me time
10:00 PM	Me time	Sleep	Study time	Study	Study time	Me time	Me time
11:00 PM	Me time	Sleep	Sleep	Sleep	Sleep	Me time	Me time
12:00 AM	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

	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	
	Study	Work	Work	Work	Work	Work	
	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	<b>Study</b>		Study			
19:00	<u>Study</u>		Study			
19:15	<u>Study</u>		Study			
19:30	<u>Study</u>		Study			
19:45	<mark>Study</mark>		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	Wednesda	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 appoint		Family tim	
9:15		Work	feed baby	Work	dr appoint	Work	Family tim	ie
9:30		Work	study or baby	Work	study or b	Work	Family tim	ie
9:45		Work	study or baby	Work	study or b	Work	Family tim	ie
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 b	aby care
11:15		Work	study or baby	Work	study or b	Work	study or b	aby care
11:30		Work	feed baby	Work	feed baby	Work	study or b	aby care
11:45		Work	feed baby	Work	feed baby	Work	study or b	aby 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			
13:30		Work	study or baby		study or b			
13:45		Work	study or baby	Work	study or b	Work		
14:00	Study	Work	walk	Work	walk	Work	Study	
14:15		Work	walk	Work	walk	Work	Study	
14:30		Work	study or baby		study or b		study	
14:45		Work	study or baby		study or b		study	
15:00	,	Work	study or baby		study or b		,	
15:15		Work	study or baby		study or b			
15:30		Work	study or baby		study or b			

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	Homewor	exercise	Commute	
17:45		organize bak	exercise	class	exercise	organize b	aby stuff
18:00		organize bak	exercise	class	exercise	organize b	aby stuff
18:15	feed baby	feed baby	feed baby	Class/feed	feed baby	feed baby	
18:30	feed baby	feed baby	feed baby	Class/feed	feed baby	feed baby	
18:45	feed baby	feed baby	feed baby	Class/feed	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 t	put baby to	put baby to b	Class/feed	put baby t	put baby t	o bed
20:00	put baby t	put baby to	put baby to b	Class	put baby t	put baby t	o bed
20:15	study	study	study	Class	study	Hang with	spouse
20:30	study	study	study	Review cla	study	hang with	spouse
20:45	study	study	hang with spo	house stu	hang with	hang with	spouse
21:00	study	study	hang with spo	house stu	hang with	hang with	spouse
21:15	get ready	get ready for	get ready for	get ready	get ready	get ready	for bed
21:30	get ready	get ready for	get ready for	get ready	get ready	get ready	for bed
21:45	get ready	get ready for	get ready for	get ready	get ready	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							
5:15	ntative sleen or stu	antative sleen or stud	entative sleen or stud	entative sleep or stud	intative sleep or stud	antative sleen or stud	ntative sleen or sti
5:30	intative sleep of stu	intative sieep of stuc	intative sieep or stuc	Entative sieep or stud	intative sieep of stat	entative sieep or stuc	itative sieep or ste
5:45							
6:00							
6:15	Francisc /Maditation	Exercise/Meditation	Eveneine /N Anditetion	Evereine /NA editetion	Fuereise /NAs ditetion	Evereine /NAnditetion	Evension /N Anditation
6:30	exercise/ivieditation	Exercise/ivieditation	Exercise/Meditation	Exercise/Meditation	Exercise/Meditation	Exercise/Meditation	exercise/ivieditation
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	Cook and get read
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30	Kids time	Kids time	Kids time	Kids time	Kids time	Kids time	Kids time
10:45							
11:00							
11:15							
11:30							
11:45							
12:00							
12:15	0	0	0	0	0	0	0
12:30	Outside Walk	Outside Walk	Outside Walk	Outside Walk	Outside Walk	Outside Walk	Outside Walk
12:45							
13:00							
13:15							
13:30	Rest time	Rest time	Rest time	Rest time	Rest time	Rest time	Rest time
13:45							
14:00							
14:15							
14:30							
14:45							
15:00							
15:15							
15:30	Study time	Study time	Study time	Study time	Study time	Study time	Study time
15:45							
16:00							
16:15							
16:30							
16:45							
17:00	Kids work	Kids work	Kids work	Kids work	Kids work	Kids work	Kids work
17:15							
17:30							
17:45							
18:00							
18:15	Outside Walk	Outside Walk	Outside Walk		Outside Walk	Outside Walk	Outside Walk
18:30							
18:45							
10.43				Class time			

19:00				ciass time			
19:15							
19:30							
19:45							
20:00							
	Diamen and alasmum	Diamenand alaenus	Diamon and alasmus		Diamer and alegania	Diamen and alegania	Ninnan and alaanuu
		Dinner and cleanup	Dinner and cleanup		Dinner and cleanup	Dinner and cleanup	Jinner 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	Constant		T	NA de la calada	Th	e.d.l.	Catanada
xample	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00			al.a				
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		oversice	oversise	oversice	oversice	oversice	
8:00		exersice Bath	exersice Bath	exersice Bath	exersice Bath	exersice Bath	
	Breakfast	Work	Work	Work	Work	Work	Breakfast
	Breakfast	Prayer	Prayer	Prayer	Prayer	Prayer	Breakfast
	India Call	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	India Call
	India call	Work	Work	Work	Work	Work	India call
	Time pass	Work	Work	Work	Work	Work	Time pass
11:00		Work	Work	Work	Work	Work	Bath
				Work			
	Being Ready	Work	Work	-	Work	Work	Being Ready
	Prayer	Lunch	Lunch	Lunch	Lunch	Lunch	Prayer
	Lunch Prepartion	Homework	Homework	Homework	Homework	Homework	Lunch Prepartion
	Lunch Time	Homework	Homework	Homework	Homework	Homework	Lunch Time
	Lunch time	Homework	Homework	Homework	Homework	Homework	Lunch time
	some work	Homework	Homework	Homework	Homework	Homework	some work
14:30	study	Homework	Homework	Homework	Homework	Homework	study
	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
	Entertainment Tonight	Dinner	Classroom Time	Dinner	Dinner	Dinner	Entertainment
	Entertainment Tonight	family Time	Classroom Time		Family Time	Family Time	Entertainment
21:00		, -	Classroom Time	, -	, -	, -	
21:30			Classroom Time				
22:00			Industrial Title				
22.00							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30		Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	
6:00		Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	
6:30	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine
7:00	Morning Routine	Check Emails/Plan D	Check Emails/Plan Da	Check Emails/Plan Day	Check Emails/Plan Da	Check Emails/Plar	Morning Routine
7:30	Morning Routine	Get Kids Started on S	Get Kids Started on Sc	Get Kids Started on School	Get Kids Started on So	Get Kids Started o	Morning Routine
8:00	Family Chores	Homework	Homework	Homework	Homework	Homework	Family Chores
8:30	Family Chores	Homework	Homework	Homework	Homework	Homework	Family Chores
9:00	Family Chores	Homework	Homework	Homework	Homework	Homework	Family Chores
9:30	Family Chores	Homework	Homework	Homework	Homework	Homework	Family Chores
10:00	Family Chores	Clean	Clean	Clean	Clean	Clean	Family Chores
10:30	Family Chores	Prep Dinner	Prep Dinner	Prep Dinner	Prep Dinner	Prep Dinner	Family Chores
11:00	Lunch	Feed Kids Lunch	Feed Kids Lunch	Feed Kids Lunch	Feed Kids Lunch	Feed Kids Lunch	Girl Scouts
11:30		Eat lunch	Eat lunch	Eat lunch	Eat lunch	Eat lunch	Girl Scouts
12:00		Homework	Homework	Homework	Homework	Homework	Girl Scouts
12:30		Homework	Homework	Homework	Homework	Homework	Lunch
13:00	Girl Scouts	Check Kids Assignme	Check Kids Assignmer	Check Kids Assignment, help with	Check Kids Assignmen	Check Kids Assign	Family Time
13:30	Girl Scouts	Check Kids Assignme	Check Kids Assignmer	Check Kids Assignment, help with	Check Kids Assignmen	Check Kids Assign	Family Time
14:00	Girl Scouts	Take Lucy to Chiropr	actor			Take Lucy to Chiro	Family Time
14:30	Family Time	Take Lucy to Chiropr	actor			Take Lucy to Chiro	Family Time
15:00	Family Time	Take Lucy to Chiropr	actor			Take Lucy to Chirc	Family Time
15:30	Family Time	Take Lucy to Chiropr	actor			Take Lucy to Chirc	Family Time
16:00	Family Time						Family Time
16:30	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner
17:00	Eat Dinner	Eat Dinner	Eat Dinner	Eat Dinner	Eat Dinner	Eat Dinner	Eat Dinner
17:30				CoderGirl			
18:00	Study/ Readings	Study	Study	CoderGirl	Study	Study	Movie Night
18:30	Study/ Readings	Study	Study	CoderGirl	Study	Study	Movie Night
	Study/ Readings	Kids Book Time	Kids Book Time	CoderGirl	Kids Book Time	·	Movie Night
	Study/ Readings	Kids Book Time	Kids Book Time	CoderGirl	Kids Book Time		Movie Night
	Kids Book Time	Kids Book Time		CoderGirl	Kids Book Time		Kids Book Time
	Kids Bed Time	Kids Book Time	Kids Bed Time	Kids Bed Time	Kids Bed Time	Kids Bed Time	Kids Book Time
21:00		Read	Read	Read	Read	Read	Read
21:00	Read	neau	nedu	nedu	nedu	neau	nedu