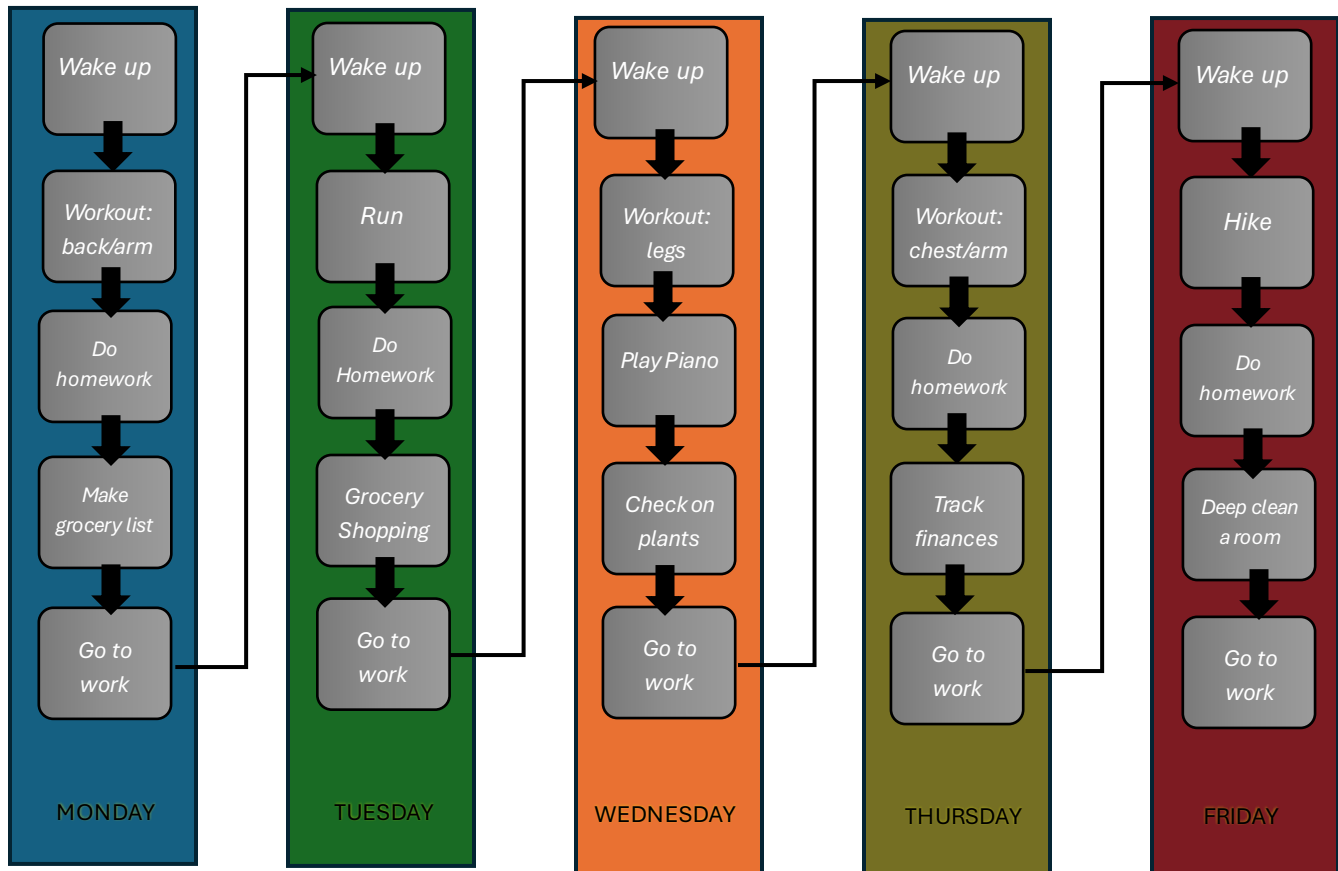


Marlene Rodriguez – These weekly work week tasks do not include the daily tasks such as getting ready, cooking, everyday cleaning, etc.



Monday – 220 minutes

Tuesday – 300 minutes

Wednesday – 210 minutes

Thursday – 310 minutes

Friday- 420 minutes

Estimated Cycle Time: 24.3 hours

Optimizing Weekly Routine: *I can eliminate waste time by taking fewer and shorter breaks during my workouts and focus more by eliminating distractions.*