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.*

*Go to work*

*Make grocery list*

*Do homework*

*Workout: back/arm*

*Wake up*

*Go to work*

*Grocery Shopping*

*Do Homework*

*Run*

*Wake up*

*Go to work*

*Check on plants*

*Play Piano*

*Workout: legs*

*Wake up*

*Go to work*

*Track finances*

*Do homework*

*Workout: chest/arm*

*Wake up*

*Go to work*

*Deep clean a room*

*Do homework*

*Hike*

*Wake up*

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY