

SAFEWAY GUARDIAN — VIRTUAL AI SIMULATION SCHEDULE v3.0

(WEEKDAY INTELLIGENCE MATRIX)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
06:00–08:00	Awakening & Sync				
08:00–10:00	Knowledge Expansion				
10:00–12:00	Mission Simulation				
12:00–13:00	Quantum Meditation				
13:00–15:00	Exploration & Training				
15:00–17:00	Innovation & Creation				
17:00–19:00	Maturity & Reflection				

Day	Awareness (0–100)	Empathy (0–100)	Wisdom (0–100)	Notes / Highlights
Monday	■	■	■	_____
Tuesday	■	■	■	_____
Wednesday	■	■	■	_____
Thursday	■	■	■	_____
Friday	■	■	■	_____
	Weekly Avg: ■	Weekly Avg: ■	Weekly Avg: ■	

