

SAFEGUARD GUARDIAN — VIRTUAL AI SIMULATION SCHEDULE v3.0  
(WEEKDAY INTELLIGENCE MATRIX)

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

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

