**Research Outline:**

Time Schedule:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 06:00 |  |  |  |  |  |  |  |
| 07:00 |  |  |  |  |  |  |  |
| 08:00 |  |  |  |  |  | writing |  |
| 09:00 |  |  |  |  |  | writing |  |
| 10:00 |  |  |  |  |  | writing |  |
| 11:00 |  |  |  |  |  | writing |  |
| 12:00 |  |  |  |  |  |  |  |
| 13:00 |  | writing |  | writing |  |  |  |
| 14:00 |  | writing |  | writing |  |  |  |
| 15:00 |  | writing |  | writing |  |  |  |
| 16:00 |  | writing |  | writing |  |  |  |
| 17:00 |  |  |  |  |  |  |  |
| 18:00 |  |  |  |  |  |  |  |
| 19:00 |  |  |  |  |  |  |  |
| 20:00 |  |  |  |  |  |  |  |
| 21:00 |  |  |  |  |  |  |  |
| 22:00 |  |  |  |  |  |  |  |
| 23:00 |  |  |  |  |  |  |  |

Productivity Goals/Strategies:

Warm-up: Typically around 20 minutes to get lofi music, coffee ready, distractions put away

Effective Writing Times: Morning or afternoon, but I struggle at night to remain focused

Mental Momentum: I tend to work in a continuous flow for up to 3 hours, but usually no more

A-time and B-time: Monday/Wednesdays are A-time, with Friday being primarily A-time, switching into B-time as the “Friday jitters” begin to kick in.