

## Daily Schedule - 2025-09-26

Time	Activity	Energy	Status	Tip
7:00-7:30	Exercise (Sportive)	■■■■■	Not started	Move my body
7:30-8:00	Breakfast	■■	Not started	Set timer!
8:00-9:30	Deep Work (Light)	■■■■	Not started	Low-cognition tasks
9:30-12:00	Deep Work (Creative)	■■	Not started	Pomodoro technique
12:00-13:00	Lunch	■■■	Not started	Mental detox
13:00-14:00	Power Break	■	Not started	Nap/meditate
14:00-15:30	Meetings	■■■	Not started	Stand or walk meetings
15:30-17:00	Study	■■	Not started	Hands-on practice
17:00-18:30	Distraction Buffer	■■■	Not started	No interruptions
18:30-19:30	Dinner	■■	Not started	Cook offline
19:30-21:00	Flex Time	■■	Not started	Optional work
21:00-23:00	Relaxation	■	Not started	Digital curfew