Start Time	Time Blocks
5:30 AM	15m

Daily Schedule

Fall 2020

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	Wake up, Get Dressed, Floss, Clean face, comb hair, go on walk.	Wake up, Get Dressed, Floss, Clean face, comb hair, go on walk.	Wake up, Get Dressed, Floss, Clean face, comb hair, go on walk.	Wake up, Get Dressed, Floss, Clean face, comb hair, go on walk.	Wake up, Get Dressed, Floss, Clean face, comb hair, go on walk.	Wake up, Get Dressed, Floss, Clean face, comb hair, go on walk.	Wake up, Get Dressed, Floss, Clean face, comb hair, go on walk.
5:45 AM	Walk (5:45-6:10)	Walk (5:45-6:10)	Walk (5:45-6:10)	Walk (5:45-6:10)	Walk (5:45-6:10)	Walk (5:45-6:10)	Walk (5:45-6:10)
6:00 AM							
6:15 AM	Breathing session. Workout.	Breathing session. Workout.	Breathing session. Workout.	Breathing session. Workout.	Breathing session. Workout.	Breathing session. Workout.	Breathing session. Workout.
6:30 AM	Make tea.	Make tea.	Make tea.	Make tea.	Make tea.	Make tea.	Make tea.
6:45 AM	1.) **Writing.** First 90 minute block of deep work.	1.) **Writing.** First 90 minute block of deep work.	1.) **Writing.** First 90 minute block of deep work.	1.) **Writing.** First 90 minute block of deep work.	1.) **Writing.** First 90 minute block of deep work.	1.) **Writing.** First 90 minute block of deep work.	1.) **Writing.** First 90 minute block of deep work.
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM	I'm available to make breakfast, get on email for the kids school, watch Travis, or anything else.	I'm available to make breakfast, get on email for the kids school, watch Travis, or anything else.	I'm available to make breakfast, get on email for the kids school, watch Travis, or anything else.	I'm available to make breakfast, get on email for the kids school, watch Travis, or anything else.	I'm available to make breakfast, get on email for the kids school, watch Travis, or anything else.	I'm available to make breakfast, get on email for the kids school, watch Travis, or anything else.	I'm available to make breakfast, get on email for the kids school, watch Travis, or anything else.
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM	2.) **Graphic Design.** Second 90 minute block of deep work.	2.) **Graphic Design.** Second 90 minute block of deep work.	2.) **Graphic Design.** Second 90 minute block of deep work.	2.) **Graphic Design.** Second 90 minute block of deep work.	2.) **Graphic Design.** Second 90 minute block of deep work.	2.) **Graphic Design.** Second 90 minute block of deep work.	2.) **Graphic Design.** Second 90 minute block of deep work.
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM	I'm available to make lunch, get on email for the kids school, watch Travis, or anything else.	I'm available to make lunch, get on email for the kids school, watch Travis, or anything else.	I'm available to make lunch, get on email for the kids school, watch Travis, or anything else.	I'm available to make lunch, get on email for the kids school, watch Travis, or anything else.	I'm available to make lunch, get on email for the kids school, watch Travis, or anything else.	I'm available to make lunch, get on email for the kids school, watch Travis, or anything else.	I'm available to make lunch, get on email for the kids school, watch Travis, or anything else.
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM	3.) **Writing.** Third 90 minute block of deep work.	3.) **Writing.** Third 90 minute block of deep work.	3.) **Writing.** Third 90 minute block of deep work.	3.) **Writing.** Third 90 minute block of deep work.	3.) **Writing.** Third 90 minute block of deep work.	3.) **Writing.** Third 90 minute block of deep work.	3.) **Writing.** Third 90 minute block of deep work.
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM	4.) **Business. Currently Mesh and Metal.** Forth 90 minute block of deep work.	4.) **Business. Currently Mesh and Metal.** Forth 90 minute block of deep work.	4.) **Business. Currently Mesh and Metal.** Forth 90 minute block of deep work.	4.) **Business. Currently Mesh and Metal.** Forth 90 minute block of deep work.	4.) **Business. Currently Mesh and Metal.** Forth 90 minute block of deep work.	4.) **Business. Currently Mesh and Metal.** Forth 90 minute block of deep work.	4.) **Business. Currently Mesh and Metal.** Forth 90 minute block of deep work.
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.	I'm available to eat, get on email for the kids school, watch Travis, or anything else.
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM	Family time. Or with permission from the family, play catchup. If for some reason I had to skip a block.	Family time. Or with permission from the family, play catchup. If for some reason I had to skip a block.	Family time. Or with permission from the family, play catchup. If for some reason I had to skip a block.	Family time. Or with permission from the family, play catchup. If for some reason I had to skip a block.	Family time. Or with permission from the family, play catchup. If for some reason I had to skip a block.	Family time. Or with permission from the family, play catchup. If for some reason I had to skip a block.	Family time. Or with permission from the family, play catchup. If for some reason I had to skip a block.
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM	Make up block. Or, do SD's, or, chill with the family.	Make up block. Or, do SD's, or, chill with the family.	Make up block. Or, do SD's, or, chill with the family.	Make up block. Or, do SD's, or, chill with the family.	Make up block. Or, do SD's, or, chill with the family.	Make up block. Or, do SD's, or, chill with the family.	Make up block. Or, do SD's, or, chill with the family.
8:15 PM							
8:30 PM							
8:45 PM							
9:00 PM							
9:15 PM							
9:30 PM	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed