

Daily Schedule

6:00am	Rise, Yoga, Tea, Morning Pages, Lumosity				
6:30am					
7:00am					<u>Task List</u>
7:30am	First Work Block	<u>Task</u>			
8:00am					
8:30am					
9:00am	Break: Read, Clean				
9:30am	Second Work Block	<u>Task</u>			
10:00am					
10:30am					
11:00am	Break: Read, Walk				
11:30am	Third Work Block	<u>Task</u>			
12:00pm					
12:30pm					
1:00pm	Lunch, Run/Fitness				
1:30pm					
2:00pm					
2:30pm					
3:00pm	Fourth Work Block	<u>Task</u>			
3:30pm					
4:00pm					
4:30pm	Socialize, Soccer, Music, Reading, Personal Writing				
5:00pm					
5:30pm					
6:00pm					
6:30pm					
7:00pm					
7:30pm					
8:00pm					
8:30pm	Dinner, Read, Tea				
9:00pm					
9:30pm	Bed Time				
10:00pm					