

# MON-FRI Time blocking

MON: 3-11

TUES: 3-12

WED: 3-13

THUR: 3-14

FRI: 3-15

## MAINTENANCE

Gmail Follow-up	Virtual mail Build weekly P&L	email Follow-up		email Follow-up
Website		Website		Website
	New meds start today			Start fasting

## MEETINGS & COMMITMENTS

	Final workbook due		The final E-book due today	

## LIFE MAINTENANCE

To-do list	To-do list	To-do list	To-do list	To-do list

## MENTAL & SPIRITUAL

Concentration	Concentration	Concentration	Concentration	Concentration
Dream Journal	Dream Journal	Dream Journal	Dream Journal	Dream Journal

## HEALTH & EXERCISE

Bike	Bike	Bike	Bike	Bike
Gym	Stretch/PU/Squat	Gym	Stretch/PU/Squat	Gym

## FAMILY & SOCIAL

Mom	Dinner w/Lamar			Board Game night w/AR



S		
S	B – priority	ideas

Notes
<b>FAMILY SUGGESTIONS</b>
Weekly Goals

# Notes

1

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priority

To schedule & commitments



