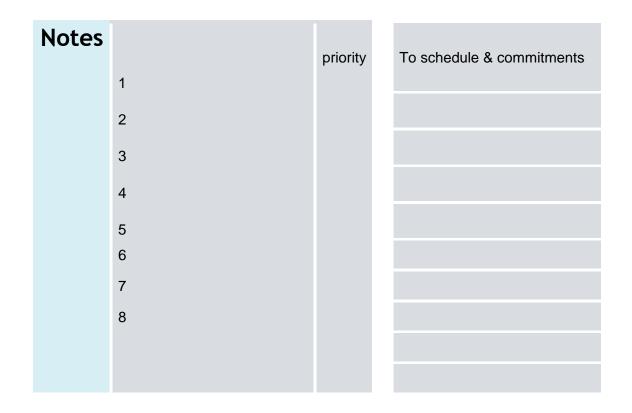
MON-FRI Time blocking

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 & COM	MITMENTS					
	Final workbook due		The final E-book due today			
LIFE MAINTENANCE	1					
To-do list	To-do list	To-do list	To-do list	To-do list		
MENTAL & SPRITUA	L					
Concentration	Concentration	Concentration	Concentration	Concentration		
Dream Journal	Dream Journal	Dream Journal	Dream Journal	Dream Journal		
HEALTH & EXCERSO	CISE					
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		

Μ		The big rocks & due dates
т		
W		
т		
F		

			Notes
S			
			FAMILY SUGGESTIONS
S			
	B – priority	ideas	Weekly Goals



M	Cardiac	call@10		Work week to schedule
				Pack for New York
	8:00 call	Jose 12:00	Paul at 3:30	Read NY Agenda
Т			GYM W/John	Plan NY meetings
				Work Week Notes
	Cardiac	10 AM call	Beth 2:00	
W				
	8:00 call		GYM W/Rob	
Т				
			5:00 Dinner	
	Cardiac	10 AM call	w/Alco group	
F				