

TIME MANAGEMENT – WEEKLY SCHEDULE



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKEND |
|---------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| 7 AM - 10 AM | Exercise Breakfast Winnie Time |
| 10 AM - 12 PM | Work | Work | Work | Work | Work | (Additional Work) |
| 12 PM - 1 PM | Lunch | Lunch | Lunch | Lunch | Lunch | Home Projects |
| 1 PM – 4 PM | Work | Work | Work | Work | Work | |
| 4 PM – 6 PM | Therapy | Work | Acupuncture | Work | Yoga | |
| 6 PM - 10 PM | Dinner Pack Time Me Time |