TIME MANAGEMENT – WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
7 AM - 10 AM	Exercise Breakfast Winnie Time	Exercise Breakfast Winnie Time	Exercise Breakfast Winnie Time	Exercise Breakfast Winnie Time	Exercise Breakfast Winnie Time	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	Dinner Pack Time Me Time	Dinner Pack Time Me Time	Dinner Pack Time Me Time	Dinner Pack Time Me Time	Dinner Pack Time Me Time