

Weekday Schedule

Time of Day	Hour	Activity	To Do Today			
Morning	5:00 AM	Wake, Wash, Exercise or Gardening, Wash Again & Breakfast. Plan Day w/Wife.	•			
What good shall I do today?	6					
	7			Commute & Listen to Audio Books	•	
	8					
	9					Work
	10					
	11			Blog, Write, & Lunch	•	
Noon	12:00 PM					
	1	Work	•			
	2					
	3					
	4					
	5	Commute & Listen to Audio Books		•		
	6				Dinner with Family, Help w/Chores, Review Day w/Wife.	•
	7					
	8	Family Time, Relaxation, Conversation.		•		
9						
What good have I done today?	10	Sleep...Z z z z z z	•			
	11					
	12:00 AM					
	1					
	2					
	3					
	4					