

11
20

TUESDAY

SCHEDULE

7AM WAKE UP, MORNING RITUALS

8AM BREAKFAST, GET READY

9AM PRACTICE WITH BREAKS

12PM LUNCH BREAK

1PM WORK WITH BREAKS

3PM

4PM

5PM SCREEN BREAK

6PM DINNER TIME

7PM SELF-CARE

9PM WINDING DOWN, NIGHTTIME
RITUALS

10PM LIGHTS OUT

TODAY'S TOP 3 TASKS
