

Themes		Blog & Podcast		Special Projects		Appointments	Personal	Church	
Self		Mon	Tues	Wed	Thu	Fri	Sat	Sun	
	05:00 - 05:30	Quiet Time							
	05:30 - 06:00								
	06:00 - 06:30	Strength Training	Cardio	Strength Training	Cardio	Strength Training	Cardio	Cardio	
	06:30 - 07:00								
	07:00 - 07:30	Read Blogs and News							
Work	07:30 - 08:00	Shower, Dress, and Eat							
	08:00 - 08:30	Process E-mail							
	08:30 - 09:00	Create Show Notes & Record Podcast	Writing	New Content Creation, Public Speaking, or Media Interviews		Raquel		Church	
	09:00 - 09:30					Trivinia			
	09:30 - 10:00					Staff			
	10:00 - 10:30								
	10:30 - 11:00								
	11:00 - 11:30					Appointments			
	11:30 - 12:00								
	12:00 - 12:30	Lunch					Lunch		
	12:30 - 01:00	Nap				Nap			
	01:00 - 01:30	Writing	Writing	New Content Creation, Public Speaking, or Media Interviews		Appointments			
	01:30 - 02:00								
	02:00 - 02:30								
	02:30 - 03:00								
	03:00 - 03:30								
	03:30 - 04:00								
	04:00 - 04:30								
	04:30 - 05:00	Process Email					Vespers		
	05:00 - 05:30								
	05:30 - 06:00	Plan Tomorrow							
Family, Friends, Planning	06:00 - 06:30	Dinner with Gail				Date with Gail	Friends	Process Email	
	06:30 - 07:00								
	07:00 - 07:30			My Parents				Weekly Review	
	07:30 - 08:00								
	08:00 - 08:30								Plan Tomorrow
	08:30 - 09:00								