

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					Nap		Lunch		
	12:00 - 12:30	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						Vespers			
	04:30 - 05:00	Process Email								
	05:00 - 05:30									
		05:30 - 06:00	Plan Tomorrow					Date with Gail	Friends	Process Email
Family, Friends, Planning	06:00 - 06:30	Dinner with Gail				Weekly Review				
	06:30 - 07:00						Plan Tomorrow			
	07:00 - 07:30			My Parents						
	07:30 - 08:00									
	08:00 - 08:30									
	08:30 - 09:00									