

My Ideal Week

Themes	Team	Travel & Extended Meetings			Ad Hoc	Planning	Personal	Church		
		Mon	Tues	Wed	Thu	Fri	Sat	Sun		
Self	05:00 - 05:30	Quiet Time								
	05:30 - 06:00	Reading								
	06:00 - 06:30	Chest & Back	Cardio	Lower Body	Cardio	Arms & Shoulders	Cardio	Sunday School Prep		
	06:30 - 07:00									
	07:00 - 07:30	Show & Dress					Read			
	07:30 - 08:00	Process Email								
	08:00 - 08:30	Commute								
	08:30 - 09:00						Household Chores	Shower Commute		
Work	09:00 - 09:30	Direct Report #1	Week 1: Travel			Available for Ad Hoc Meetings	Available for Ad Hoc Meetings	Review Personal Finances	Sunday School	
	09:30 - 10:00									
	10:00 - 10:30									Church
	10:30 - 11:00	Direct Report #2								
	11:00 - 11:30		Week 2: Financial Reviews			Available for Lunch Meetings	Available for Lunch Meetings		Lunch with Family	
	11:30 - 12:00									
	12:00 - 12:30	Lunch Huddle		Available for Lunch Meetings	Available for Lunch Meetings					
	12:30 - 01:00		Week 3: Travel			Available for Ad Hoc Meetings	Review Business Vision and Business Plan	Lunch	Commute	
	01:00 - 01:30									
	01:30 - 02:00	Direct Report #3						Week 4: Ad Hoc Meetings		
	02:00 - 02:30									
	02:30 - 03:00									
	03:00 - 03:30	Direct Report #4								
	03:30 - 04:00									
	04:00 - 04:30									
	04:30 - 05:00									
	05:00 - 05:30	Process Email						Vespers		
	05:30 - 06:00	Planning for Tomorrow								
	06:00 - 06:30	Commute								
Family & Other	06:30 - 07:00	Dinner with Gail				Date with Gail		Weekly Review & Planning		
	07:00 - 07:30									
	07:30 - 08:00									
	08:00 - 08:30	Writing								
	08:30 - 09:00									