

**Week 1:**

	Holidays?						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Wake	Wake	Wake	Wake	Wake	Wake	Wake
7:00am	Rise	Rise	Rise	Rise	Webinar Replay	Webinar Replay	Webinar Replay
7:30am	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read
8:00am	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi
8:30am	SBM Focus	SBM Focus	SBM Focus	Prep for Two	SBM Focus	To Pool	"Free" Day
9:00am	25 eMails Out	25 eMails Out	25 eMails Out	Client Slot #10	25 eMails Out		No Munka
	"	"	"	Or Promote SvS	"		
9:30am	To Pool	Social Media	Social Media	Client Slot #11	To Pool	SBM Focus	Church
10:00am		Client Slot #4	Client Slot #7	Or Promote SvS		25 eMails Out	"
11:00am	Sales Focus	Amelie Palmer	Or Promote SvS	SBM Focus	Sales Focus	Client Slot #15	"
	Dials	Dials	Dials	25 eMails Out	Dials	Or Promote SvS	Ildi Time
	Dials	Dials	Dials	"	Dials	STOP Work	"
11:30am	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	"
11:45pm	Confirms Out	Confirms Out	Confirms Out	Confirms Out	Confirms Out	House/Yard	"
12:00pm	Client Slot #1	Client Slot #5	Client Slot #8	Social Media	Client Slot #13	Projects	"
	Or Promote SvS	Or Promote SvS	Or Promote SvS	Social Media	Or Promote SvS		"
12:45pm	Social Media	Social Media	Social Media	Social Media			"
2:00pm	Client Slot #2	Client Slot #6	Client Slot #9	Client Slot #12	Client Slot #14		"
	Or Promote SvS	Or Promote SvS	Or Promote SvS	Kristin Smith	Or Promote SvS		"
3:00pm	Projects	Social Media	FB Live	Prep for Webinar	Social Media	Lunch Break	"
	Projects	Social Media	"		Social Media	House/Yard	"
4:00pm	Client Slot #3	Workout	Workout	Webinar	Keep Score	Projects	"
	Or Promote SvS	Workout	Workout	"	"	Cont.	"
5:00pm	Projects	Projects	Social Media	"	Plan NextWeek		"
	Projects	Projects	Social Media	"	"		"
6:00pm	Dinner	Dinner	Dinner	"	Dinner	Dinner	"
6:30pm	Follow Ups	Follow Ups	Follow Ups	Score Webinar	Rest	Ildi Time	Dinner
6:45pm				Dinner		Out?	Buzz my Head
7:00pm	Shave for FB Live		Shave for Webinar	Webinar	Shave for Ildi		
7:30pm				Gratefulness			

	Holidays?						
<u>Week 2:</u>	/	/	/	/	/	/	/
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	Wake	Wake	Wake	Wake	Wake	Wake	Wake
=====	Rise	Rise	Rise	Rise	Webinar Replay	Webinar Replay	Webinar Replay
6:30am	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read
7:00am	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi
7:30am	SBM Focus	SBM Focus	SBM Focus	Prep for Two	SBM Focus	To Pool	"Free" Day
8:00am	25 eMails Out	25 eMails Out	25 eMails Out	Client Slot #10	25 eMails Out		No
8:30am	"	"	"	Or Promote SvS	"		Munka
	To Pool	Social Media	Social Media	Client Slot #11	To Pool	SBM Focus	Church
		Client Slot #4	Client Slot #7	Or Promote SvS		25 eMails Out	"
9:30am	Sales Focus	Amelie Palmer	Or Promote SvS	SBM Focus	Sales Focus	Client Slot #15	"
	Dials	Dials	Dials	25 eMails Out	Dials	Or Promote SvS	Ildi Time
11:30am	Dials	Dials	Dials	"	Dials	STOP Work	"
	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	"
	Confirms Out	Confirms Out	Confirms Out	Confirms Out	Confirms Out	House/Yard	"
Noon	Client Slot #1	Client Slot #5	Client Slot #8	Social Media	Client Slot #13	Projects	"
12:30pm	Or Promote SvS	Or Promote SvS	Or Promote SvS	Social Media	Or Promote SvS		"
1:00pm	Social Media	Social Media	Social Media	Social Media			"
	Client Slot #2	Client Slot #6	Client Slot #9	Client Slot #12	Client Slot #14		"
	Or Promote SvS	Or Promote SvS	Or Promote SvS	Kristin Smith	Or Promote SvS		"
2:00pm	Projects	Social Media	FB Live	Prep for	Social Media	Lunch Break	"
	Projects	Social Media	"	Webinar	Social Media	House/Yard	"
3:00pm	Client Slot #3	Workout	Workout	Webinar	Keep Score	Projects	"
	Or Promote SvS	Workout	Workout	"	"	Cont.	"
4:00pm	Projects	Projects	Social Media	"	Plan NextWeek		"
	Projects	Projects	Social Media	"	"		"
5:00pm	Dinner	Dinner	Dinner	"	Dinner	Dinner	"
	Follow Ups	Follow Ups	Follow Ups	Score Webinar	Rest	Ildi Time	Dinner
6:00pm				Dinner		Out?	Buzz my Head
6:30pm	Shave for		Shave for	Webinar	Shave for		
6:45pm	FB Live		Webinar	Gratefulness	Ildi		
7:00pm							
7:30pm							

Week 3:

Holidays?

/ Monday / Tuesday / Wednesday / Thursday / Friday / Saturday / Sunday

Time	Wake Rise	Wake Rise	Wake Rise	Wake Rise	Wake Webinar Replay	Wake Webinar Replay	Wake Webinar Replay
6:30am	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read
7:00am	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi
7:30am	SBM Focus	SBM Focus	SBM Focus	Prep for Two	SBM Focus	To Pool	"Free" Day
8:00am	25 eMails Out	25 eMails Out	25 eMails Out	Client Slot #10	25 eMails Out		No Munka
8:30am	"	"	"	Or Promote SvS	"		Church
	To Pool	Social Media	Social Media	Client Slot #11	To Pool	SBM Focus	"
9:30am	Sales Focus	Client Slot #4	Client Slot #7	Or Promote SvS	25 eMails Out	Client Slot #15	"
	Dials	Amelie Palmer	Or Promote SvS	SBM Focus	Sales Focus	Or Promote SvS	Ildi Time
11:30am	Dials	Dials	Dials	25 eMails Out	Dials	STOP Work	"
	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	"
	Confirms Out	Confirms Out	Confirms Out	Confirms Out	Confirms Out	House/Yard Projects	"
Noon	Client Slot #1	Client Slot #5	Client Slot #8	Social Media	Client Slot #13		"
12:30pm	Or Promote SvS	Or Promote SvS	Or Promote SvS	Social Media	Or Promote SvS		"
1:00pm	Social Media	Social Media	Social Media	Social Media			"
	Client Slot #2	Client Slot #6	Client Slot #9	Client Slot #12	Client Slot #14		"
	Or Promote SvS	Or Promote SvS	Or Promote SvS	Kristin Smith	Or Promote SvS		"
2:00pm	Projects	Social Media	FB Live	Prep for Webinar	Social Media	Lunch Break	"
	Projects	Social Media	"		Social Media	House/Yard Projects Cont.	"
3:00pm	Client Slot #3	Workout	Workout	Webinar	Keep Score		"
	Or Promote SvS	Workout	Workout	"	"		"
4:00pm	Projects	Projects	Social Media	"	Plan NextWeek		"
	Projects	Projects	Social Media	"	"		"
5:00pm	Dinner	Dinner	Dinner	"	Dinner	Dinner	"
	Follow Ups	Follow Ups	Follow Ups	Score Webinar	Rest	Ildi Time Out?	Dinner
6:00pm				Dinner			Buzz my Head
6:30pm	Shave for FB Live		Shave for Webinar	Webinar Gratefulness	Shave for Ildi		
6:45pm							
7:00pm							
7:30pm							

Week 4:

Holidays?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Time</b>	Wake	Wake	Wake	Wake	Wake	Wake	Wake
=====	Rise	Rise	Rise	Rise	Webinar Replay	Webinar Replay	Webinar Replay
6:30am	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read	Coffee & Pray, Read
7:00am	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi
7:30am	SBM Focus	SBM Focus	SBM Focus	Prep for Two	SBM Focus	To Pool	"Free" Day
8:00am	25 eMails Out	25 eMails Out	25 eMails Out	Client Slot #10	25 eMails Out		No
8:30am	"	"	"	Or Promote SvS	"		Munka
	To Pool	Social Media	Social Media	Client Slot #11	To Pool	SBM Focus	Church
		Client Slot #4	Client Slot #7	Or Promote SvS		25 eMails Out	"
9:30am	Sales Focus	Amelie Palmer	Or Promote SvS	SBM Focus	Sales Focus	Client Slot #15	"
	Dials	Dials	Dials	25 eMails Out	Dials	Or Promote SvS	Ildi Time
11:30am	Dials	Dials	Dials	"	Dials	STOP Work	"
	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	"
	Confirms Out	Confirms Out	Confirms Out	Confirms Out	Confirms Out	House/Yard	"
Noon	Client Slot #1	Client Slot #5	Client Slot #8	Social Media	Client Slot #13	Projects	"
12:30pm	Or Promote SvS	Or Promote SvS	Or Promote SvS	Social Media	Or Promote SvS		"
1:00pm	Social Media	Social Media	Social Media	Social Media			"
	Client Slot #2	Client Slot #6	Client Slot #9	Client Slot #12	Client Slot #14		"
	Or Promote SvS	Or Promote SvS	Or Promote SvS	Kristin Smith	Or Promote SvS		"
2:00pm	Projects	Social Media	FB Live	Prep for Webinar	Social Media	Lunch Break	"
	Projects	Social Media	"		Social Media	House/Yard	"
3:00pm	Client Slot #3	Workout	Workout	Webinar	Keep Score	Projects	"
	Or Promote SvS	Workout	Workout	"	"	Cont.	"
4:00pm	Projects	Projects	Social Media	"	Plan NextWeek		"
	Projects	Projects	Social Media	"	"		"
5:00pm	Dinner	Dinner	Dinner	"	Dinner	Dinner	"
	Follow Ups	Follow Ups	Follow Ups	Score Webinar	Rest	Ildi Time	Dinner
6:00pm				Dinner		Out?	Buzz my Head
6:30pm	Shave for		Shave for	Webinar	Shave for		
6:45pm	FB Live		Webinar	Gratefulness	Ildi		
7:00pm							
7:30pm					INVOICE Ricky		

