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
	п	п	п	Or Promote SvS	п		Munka
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	n n
11:00am	Sales Focus	Amelie Palmer	Or Promote SvS	SBM Focus	Sales Focus	Client Slot #15	II .
	Dials	Dials	Dials	25 eMails Out	Dials	Or Promote SvS	Ildi Time
	Dials	Dials	Dials	п	Dials	STOP Work	H .
11:30am	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	H .
11:45pm	Confirms Out	Confirms Out	Confirms Out	Confirms Out	Confirms Out	House/Yard	H .
12:00pm	Client Slot #1	Client Slot #5	Client Slot #8	Social Media	Client Slot #13	Projects	H .
	Or Promote SvS	Or Promote SvS	Or Promote SvS	Social Media	Or Promote SvS		II .
12:45pm	Social Media	Social Media	Social Media	Social Media			II .
2:00pm	Client Slot #2	Client Slot #6	Client Slot #9	Client Slot #12	Client Slot #14		II .
	Or Promote SvS	Or Promote SvS	Or Promote SvS	Kristin Smith	Or Promote SvS		II .
3:00pm	Projects	Social Media	FB Live	Prep for	Social Media	Lunch Break	II .
	Projects	Social Media	II .	Webinar	Social Media	House/Yard	H .
4:00pm	Client Slot #3	Workout	Workout	Webinar	Keep Score	Projects	H .
	Or Promote SvS	Workout	Workout	II .	n e	Cont.	H .
5:00pm	Projects	Projects	Social Media	· ·	Plan NextWeek		II .
	Projects	Projects	Social Media	II .	n		n n
6:00pm	Dinner	Dinner	Dinner	II .	Dinner	Dinner	n n
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		Shave for	Webinar	Shave for		
7:30pm	FB Live		Webinar	Gratefulness	Ildi		

	Holidays?						
Week 2:	/	/	/	/	/	/	/
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	Wake						
		Rise	Rise	Rise	Webinar Replay	Webinar Replay	Webinar Replay
6:30am	Coffee & Pray, Read						
7:00am	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	n .
9:30am	Sales Focus	Amelie Palmer	Or Promote SvS	SBM Focus	Sales Focus	Client Slot #15	n e
	Dials	Dials	Dials	25 eMails Out	Dials	Or Promote SvS	Ildi Time
11:30am	Dials	Dials	Dials	п	Dials	STOP Work	n e
	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	n e
	Confirms Out	House/Yard	n e				
Noon	Client Slot #1	Client Slot #5	Client Slot #8	Social Media	Client Slot #13	Projects	n e
12:30pm	Or Promote SvS	Or Promote SvS	Or Promote SvS	Social Media	Or Promote SvS		n e
1:00pm	Social Media	Social Media	Social Media	Social Media			n e
	Client Slot #2	Client Slot #6	Client Slot #9	Client Slot #12	Client Slot #14		H .
	Or Promote SvS	Or Promote SvS	Or Promote SvS	Kristin Smith	Or Promote SvS		n e
2:00pm	Projects	Social Media	FB Live	Prep for	Social Media	Lunch Break	n e
	Projects	Social Media	H .	Webinar	Social Media	House/Yard	n e
3:00pm	Client Slot #3	Workout	Workout	Webinar	Keep Score	Projects	n e
	Or Promote SvS	Workout	Workout	11	n e	Cont.	n e
4:00pm	Projects	Projects	Social Media	п	Plan NextWeek		n n
•	Projects	Projects	Social Media	n n	n		n e
5:00pm	Dinner	Dinner	Dinner	n n	Dinner	Dinner	n e
r	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		2322 1117 11034
6:45pm	FB Live		Webinar	Gratefulness	Ildi		
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Time	Wake	Wake	Wake	Wake	Wake	Wake	Wake	ı
=======	11100	Rise	Rise	Rise	Webinar Replay	Webinar Replay	Webinar Replay	
6:30am	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	
0.20	Colos Forms	Client Slot #4	Client Slot #7	Or Promote SvS	Calas Facus	25 eMails Out		
9:30am	Sales Focus	Amelie Palmer	Or Promote SvS	SBM Focus	Sales Focus	Client Slot #15	Ildi Time	
44.00	Dials	Dials	Dials	25 eMails Out	Dials	Or Promote SvS	iidi Time	
11:30am		Dials	Dials	Food Foot Today	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 Clet #14			
	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	"	n n		III	
5:00pm	Dinner	Dinner	Dinner	11	Dinner	Dinner	11	
	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

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Rise Rise Rise Rise Rise Rise Rise Rise		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Coffee & Pray, Read Coff		Wake	Wake	Wake	Wake	Wake	Wake	Wake	
7:00am Coffee w/ IIdi To Pool SBM Focus SeMals Out To Po	===	Rise	Rise	Rise	Rise	Webinar Replay	Webinar Replay	Webinar Replay	
SBM Focus SBM Focus SBM Focus 25 eMails Out 0 or Promote SvS Client Slot #10 0 or Promote SvS Client Slot #11 To Pool SBM Focus 25 eMails Out 0 or Promote SvS Client Slot #11 To Pool SBM Focus 25 eMails Out 0 or Promote SvS 0 or Prom	Coff	fee & Pray, Read	Coffee & Pray, Read						
8:00am 25 eMails Out 25 eMails Out "" Or Promote SvS Client Slot #10 Or Promote SvS Client Slot #11 Or Promote SvS Dials	C	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	Coffee w/ Ildi	
8:30am " " " " " " " " " " " " " " " " " " "	9	SBM Focus	SBM Focus	SBM Focus	Prep for Two	SBM Focus	To Pool	"Free" Day	
9:30am Sales Focus Client Slot #4 Client Slot #7 Or Promote Sv5 SBM Focus 25 eMails Out Client Slot #15 Or Promote Sv5 SBM Focus 25 eMails Out Client Slot #15 Or Promote Sv5 SBM Focus 25 eMails Out Client Slot #15 Or Promote Sv5 SBM Focus Sales Focus Client Slot #15 Or Promote Sv5 Dials Dials	2	25 eMails Out	25 eMails Out	25 eMails Out	Client Slot #10	25 eMails Out		No	
9:30am Sales Focus Client Slot #4 Amelie Palmer Or Promote SvS SBM Focus Sales Focus Client Slot #15 Or Promote SvS SBM Focus Sales Focus Client Slot #15 Or Promote SvS SBM Focus Sales Focus Client Slot #15 Or Promote SvS SBM Focus Sales Focus Client Slot #15 Or Promote SvS SBM Focus Sales Focus Client Slot #15 Or Promote SvS Dials Or Promote SvS Dials STOP Work Food Fast Today Cunch - Eat Keto Confirms Out Confirms Out Confirms Out Client Slot #1 Client Slot #3 Or Promote SvS Social Media Client Slot #1 Or Promote SvS Social Media Client Slot #3 Or Promote SvS Social Media Client Slot #4 Or Promote SvS Or	า	"	u u	n n	Or Promote SvS	u u		Munka	
9:30am Sales Focus Dials STOP Work STOP Work Food Fast Today Lunch - Eat Keto Confirms Out Confirms Out Confirms Out Client Slot #11 Client Slot #12 Client Slot #13 Or Promote SvS Social Media Social Media Client Slot #12 Client Slot #12 Client Slot #14 Or Promote SvS Or Promot		To Pool	Social Media	Social Media	Client Slot #11	To Pool	SBM Focus	Church	
Dials			Client Slot #4	Client Slot #7	Or Promote SvS		25 eMails Out	· ·	
Dials Dial	S	Sales Focus	Amelie Palmer	Or Promote SvS	SBM Focus	Sales Focus	Client Slot #15	· ·	
Lunch - Eat Keto Confirms Out Confirms Out Confirms Out Client Slot #1 Client Slot #1 Client Slot #2 Or Promote SvS Or Promote SvS Core Webinar Client Slot #3 Out Client Slot #3 Client Slot #3 Or Promote SvS Or Promo		Dials	Dials	Dials	25 eMails Out	Dials	Or Promote SvS	Ildi Time	
Confirms Out Client Slot #1 12:30pm Or Promote SvS Or Promote SvS Or Promote SvS 1:00pm Social Media Client Slot #6 Client Slot #1 Client Slot #6 Client Slot #1 Client Slot #6 Client Slot #7 Client Slot #1 Client Slo	m	Dials	Dials	Dials	n n	Dials	STOP Work	H .	
Noon Client Slot #1 Client Slot #5 Or Promote SvS	Lun	nch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	Lunch - Eat Keto	Food Fast Today	H .	
12:30pm Or Promote SvS Social Media Client Slot #2 Client Slot #6 Or Promote SvS Or Promote SvS Or Promote SvS Social Media Client Slot #2 Or Promote SvS Or	Co	Confirms Out	Confirms Out	Confirms Out	Confirms Out	Confirms Out	House/Yard	H .	
1:00pm Social Media Client Slot #2 Client Slot #6 Client Slot #9 Client Slot #12 Client Slot #14 Or Promote SvS Social Media Social Media Social Media Or Promote SvS Or Promote SvS Social Media Social Media Social Media Social Media Or Promote SvS Or Promote	Cl	Client Slot #1	Client Slot #5	Client Slot #8	Social Media	Client Slot #13	Projects	п	
Client Slot #2 Or Promote SvS Or Media Or Promote SvS Or Promote SvS Or Media Or Promote SvS Or Promote SvS Or Media Or Or Promote SvS Or Media Or Or Promote SvS	Oı	or Promote SvS	Or Promote SvS	Or Promote SvS	Social Media	Or Promote SvS		п	
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2:00pm Projects Social Media House/Yard Webinar Keep Score Projects Workout Workout " " Cont. 4:00pm Projects Projects Projects Social Media " Plan NextWeek Projects Social Media " Dinner Dinner Dinner Dinner Follow Ups Follow Ups Score Webinar Rest Ildi Time Out? But Shave for Social Media Social Media Social Media Social Media Social Media House/Yard House/Yard Projects Projects Social Media " Plan NextWeek " Dinner Dinner Dinner Dinner Score Webinar Rest Ildi Time Out? But Shave for Social Media House/Yard Projects Cont. Social Media " Dinner " Dinner Dinn	Cl	Client Slot #2	Client Slot #6	Client Slot #9	Client Slot #12	Client Slot #14		H .	
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3:00pm Client Slot #3 Workout Workout Workout " Keep Score Projects Cont. 4:00pm Projects Projects Social Media " Plan NextWeek Projects Social Media " Dinner Dinner Dinner Dinner Dinner Pollow Ups Follow Ups Follow Ups Score Webinar Dinner Dinner Score Webinar Dinner Dinner Score Webinar Dinner Score Webinar Dinner Score Webinar Dinner Dinner Dinner Score Webinar Dinner Shave for Social Media " Dinner Dinner Dinner Dinner Dinner Dinner Score Webinar Shave for Social Media " Dinner Dinne		Projects	Social Media	FB Live	Prep for	Social Media	Lunch Break	n n	
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6:30pm Shave for Shave for Shave for	F	Follow Ups	Follow Ups	Follow Ups	Score Webinar	Rest	Ildi Time	Dinner	
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		Shave for		Shave for		Shave for			
6:45pm FB Live Webinar Gratefulness IIdi		FB Live		Webinar	Gratefulness	Ildi			
7:00pm									
7:30pm INVOICE Ricky						INVOICE Ricky			