

	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
7:00 AM	Free time	Morning Practices					Free time
8:00 AM		Car pool	Car pool		Car pool	Car pool	
9:00 AM	am practice	Yoga	Yoga	Office Hours	Office Hours	Teach yoga	am practice
10:00 AM	Exercise/yoga of some kind	kundalini	vinyasa			Online Class	Exercise/yoga of some kind
11:00 AM		Office Hours	Social Media				
12:00 PM			Mastermind		lunch meetings	Back office	
1:00 PM			SFRL	lunch meetings	Intern Support	Writing	
2:00 PM			program	Writing		\$\$\$	
3:00 PM			Writing	back office		finances	
4:00 PM			back office	Car Pool			
5:00 PM			appts	CAC		Yoga	
6:00 PM					time at gym		
7:00 PM	Chill Out						
8:00 PM	Social Time						
9:00 PM							
10:00 PM							

