29 July	Friday
5:00	Wake up, start morning exercise
06:10	mediation
06:35	Shower, breakfast,
07:20	walk the dog
07:40	go to work
08:30	read work emails
08:40	coffee and catch up with boss
09:30	Contacting suppliers/managing contracts.
11:00	coffee
12:30	lunch
13:00	Work on the Henderson report
14:30	afternoon sales calls.
16:30	leave work
17:15	arrive home.
17:30	afternoon stretch session/yoga
18:00	cook dinner
19:15	clean up the house, talk with Ash
20:30	Writing final draft weekly blog post.
21:15	get ready for bed, evening reading
21:45	Go to sleep.