

Heather's Weekly Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am	Peloton RIDE	Peloton WEIGHTS	Peloton RIDE	Peloton WEIGHTS	Peloton RIDE	SLEEP/REST	SLEEP/REST
5:30 am	Pray/Journal/Msg	Pray/Journal/Msg	Pray/Journal/Msg	Pray/Journal/Msg	Pray/Journal/Msg	SLEEP/REST	SLEEP/REST
6 am	Hygiene/Groom	Hygiene/Groom	Hygiene/Groom	Hygiene/Groom	READ	SLEEP/REST	SLEEP/REST
6:30 am	TO WORK/Podcast	TO WORK/Podcast	TO WORK/Podcast	TO WORK/Podcast	Hygiene/Groom	Pray/Journal/Msg	Pray/Journal/Msg
7:00 am	TEAM ENC CARDS/NOTES	Client 5	Business Dev	Client 11	TO WORK/Podcast	Hygiene/Groom	Podcasts
8 am	EMAILS/Calendar	Client 6	Business Dev	Client 12	Content Dev	Order Groceries	Hygiene/Groom
9 am	TEAM MTG	Client 7	Business Dev	Content Dev	Content Dev	BRUNCH	CHURCH
10 am	TEAM MTG	Notes/Case Mngt	Business Dev	Content Dev	TEAM MTG	BRUCH	CHURCH
11 am	TEAM MTG	TEAM MTG	TEAM MTG	TEAM MTG	TEAM MTG	Home Time	CHURCH
12 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	Family Time	LUNCH/Connect
1 pm	Client 1	Content Dev	Client 8	Business Dev	Newsletters	Family Time	LUNCH/Connect
2 pm	Client 2	Content Dev	Client 9	Business Dev	Emails/Bus Contact	Family Time	REST
3 pm	Client 3	Content Dev	Client 10	Business Dev	Emails/Bus Contact	Family Time	REST
4 pm	Client 4	Home/Dinner	Emails/Bus Contact	Home/Dinner	Family Time	Family Time	REST
5 pm	Home/Dinner	Home/Dinner	Home/Dinner	Home/Dinner	Family Time	Entertainment	FOOD PREP
6 pm	Family	Family	Date Night B& H	Life Group	Home/Dinner	Entertainment	FOOD PREP
7 pm	Walk	Walk	Date Night B& H	Life Group	Home/Dinner	Entertainment	Family/Walk
8 pm	Prep for Bed/Emails	Prep for Bed/Emails	Emails/Kids Connect	Life Group	MOVIE/TV/READ	Entertainment	Laundry/Home
9 pm	In Bed/Read	In Bed/Read	In Bed/Read	In Bed/Read	MOVIE/TV/READ	In Bed/Read	Organize/Weekly Calendar

10 pm	Asleep	Asleep	Asleep	In Bed/Asleep	In Bed/Asleep	In Bed/Asleep	In Bed/Asleep
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Sleep 10 to 5 (7 hours night) [Exercise 4 Hours](#) Meals Prep 2 Hours

Work 45 Hours: [14 Hours Clients](#), [8 Hours Team Mtgs](#), [7 Hours Content Dev](#), [6 Hours Bus Dev](#)

Dinner: Friday Night=Family x 2, Couple Date x 2

Saturday Brunch=Family x 2, Couple x 2

Sunday Lunch= Home x 2, Out family, Out friends