

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	bathroom		busy brain	read			
5:30 AM			busy brain	doze			wake up
6:00 AM	AJ up	AJ up	read	doze			AJ up
6:30 AM	out of bed, get ready	out of bed, get ready	out of bed, get ready	doze, AJ up	AJ up, get ready		out of bed, get breakfast ready
7:00 AM	breakfast	breakfast	AJ up, breakfast	out of bed, get ready, breakfast	breakfast	AJ up, out of bed, breakfast	AJ breakfast
7:30 AM	transit, read	transit, read	transit, read	get ready	get ready, walk	breakfast	breakfast, cleanup
8:00 AM	work	work	work	transit	drop off AJ, transit	hang out	shower, get ready
8:30 AM	work	work	work	work	work	get ready	clean, hang out, computer
9:00 AM	work	work	work	work	work	get car, groceries	laundry, clean
9:30 AM	work	work	work	work	work	groceries	transit, family outing
10:00 AM	work	work	work	work	work	return car, family outing	family outing
10:30 AM	work	work	work	work	work	family outing	family outing
11:00 AM	work	work	work	work	work	family outing	family outing, transit
11:30 AM	work	work	work	work	work	family lunch outing	prep lunch
12:00 PM	work	work	lunch	work	lunch	family lunch outing	lunch
12:30 PM	lunch, walk	lunch, walk	walk	lunch	walk	read newspaper	read news, nap
1:00 PM	work	work	work	walk	work	nap	nap
1:30 PM	work	work	work	work	work	nap	nap
2:00 PM	work	work	work	work	work	nap	nap
2:30 PM	work	work	work	work	work	nap, AJ up	read blogs
3:00 PM	work	work	work	work	work	food prep, snack	get ready to go out
3:30 PM	work	transit, read	work	work	work	hang out	transit, kid's bday party
4:00 PM	transit, read	dr. appointment	work	work	work	family outing	bday party
4:30 PM	massage	walk, groceries	work	work	work	family outing	transit, get groceries
5:00 PM	massage	transit	transit, read	groceries	transit, read	prep dinner	housework
5:30 PM	massage	dinner prep	pick up AJ, prep dinner, laundry	transit, read	groceries, walk	prep dinner	read newspaper
6:00 PM	family dinner	family dinner	family dinner	hang out at home	prep dinner	dinner	internet
6:30 PM	dinner, laundry	dinner, laundry	prep lunch	spin class	prep dinner	dinner, clean up	dinner with inlaws
7:00 PM	AJ bed, paperwork	hangout	AJ bed, housework	spin class	dinner	cut AJ's hair, bath, bed	dinner with inlaws
7:30 PM	shower	AJ bed, paperwork	walk	eat	dinner, AJ bed	internet	AJ bed, clean up
8:00 PM	computer	read news	book club	shower	internet	shower, food prep	read newspaper
8:30 PM	read newspaper	shower	book club	plan	netflix	netflix	read ebook
9:00 PM	read newspaper, internet	phone call	walk	online shopping	netflix	netflix	watch youtube
9:30 PM	bedtime routine	phone call	internet	online shopping	netflix	netflix	watch youtube
10:00 PM	read	internet	bedtime routine	bedtime routine	netflix	internet	bedtime routine
10:30 PM	lights out	bedtime routine	read	read, lights out	read news	online shopping	read
11:00 PM		read	lights out		bedtime routine	bedtime routine	lights out
11:30 PM		lights out			lights out	read, lights out	
12:00 AM							
12:30 AM							
1:00 AM							
1:30 AM							

2:00 AM							
2:30 AM	bathroom						
3:00 AM							
3:30 AM							
4:00 AM		bathroom		bathroom	bathroom	bathroom	
4:30 AM		read	bathroom				