

Sunday, July 8

Morning Routine

1. Make the bed
2. Weigh in
3. Get dressed and ready for the day
4. Swish & Swipe in the upstairs bathroom
5. Take vitamins
6. Clean the cat box
7. Feed Lucky

Go to work BOO!

Grocery store

Home Awesome Hour

1. Dust the big stuff throughout the house, going top down
2. Sweep the floors, upstairs then downstairs
3. Clean the mirrors and any big window smudges
4. Clean out the fridge
5. Empty the trash & recycle cans
6. Put away any items in the Miscellaneous Basket

Weekly Review

1. Clear workspace
2. Gather materials (Butler book, phone, calendar, inbox)
3. Process loose papers
4. Process notes
5. Review last week's calendar
6. Review this week's calendar
7. Empty brain
8. Review project list
9. Review next action list
10. Review waiting for list
11. Review Someday/Maybe

Check Lucky's water bowl

Check laundry status

15 minutes of zone cleaning (Zone 2 - Kitchen)

Evening Routine

1. Check calendar for tomorrow's adventures
2. Pack tomorrow's breakfast & lunch
3. Feed Lucky
4. Turn off the lights downstairs
5. Lay out tomorrow's clothes (office and yoga)
6. Charge phone
7. Make sure i have taken a Project 365 photo
8. Check alarm (set to 7:20)

Monday, July 9

- **Yoga**

Morning Routine

1. Make the bed
2. Weigh in
3. Get dressed and ready for the day
4. Swish & Swipe in the upstairs bathroom
5. Take vitamins
6. Clean the cat box
7. Feed Lucky
8. Go to work (Office)

After Work Routine

1. Get and sort the mail
2. Check the laundry status
3. Check Lucky's water bowl

6:00-7:15 - Yoga at the Community Center

15 minutes of zone cleaning (Zone 2 - Kitchen)

Make grocery list for baking night

Evening Routine

1. Check calendar for tomorrow's adventures
2. Pack tomorrow's breakfast & lunch
3. Feed Lucky
4. Turn off the lights downstairs
5. Lay out tomorrow's clothes (field work? and date night)
6. Charge phone
7. Make sure i have taken a Project 365 photo
8. Check alarm (set to 6:30)

Tuesday, July 10

- **Ian over**

Morning Routine

1. Make the bed
2. Weigh in
3. Get dressed and ready for the day
4. Swish & Swipe in the upstairs bathroom
5. Take vitamins
6. Clean the cat box
7. Feed Lucky
8. Go to work - Drilling oversight?

After Work Routine

1. Get and sort the mail
2. Check Lucky's water bowl

Hang out with Ian

15 minutes of zone cleaning (Zone 2 - Kitchen)

Evening Routine

1. Check calendar for tomorrow's adventures
2. Feed Lucky
3. Turn off the lights downstairs
4. Lay out tomorrow's clothes (office or field?)
5. Charge phone
6. Make sure i have taken a Project 365 photo
7. Check alarm (set to 6:20 or 7:20?)

Wednesday, July 11

Morning Routine

1. Make the bed
2. Weigh in
3. Get dressed and ready for the day
4. Swish & Swipe in the upstairs bathroom
5. Take vitamins
6. Clean the cat box
7. Feed Lucky
8. Go to work

Grocery Store

Pack for Williamstown

bathing suit
hiking clothes
2 days of clothes
pajamas
toiletries

Afternoon

1. Check the laundry status
2. Check Lucky's water bowl

15 minutes of zone cleaning (Zone 2 - Kitchen)

Duncan comes home!

Evening Routine

1. Check calendar for tomorrow's adventures
2. Pack tomorrow's breakfast & lunch
3. Feed Lucky
4. Turn off the lights downstairs
5. Lay out tomorrow's clothes (office?)
6. Charge phone
7. Make sure i have taken a Project 365 photo
8. Check alarm (set to 7:00)

Thursday, July 12

- **Farmer's Market**
- **Bake!**

Morning Routine

1. Make the bed
2. Weigh in
3. Get dressed and ready for the day
4. Swish & Swipe in the upstairs bathroom
5. Take vitamins
6. Clean the cat box
7. Feed Lucky
8. Go to work (Drilling oversight)

Farmer's Market

After Work Routine

1. Get and sort the mail
2. Check the laundry status
3. Check Lucky's water bowl

15 minutes of zone cleaning (Zone 2 - Kitchen)

Bake!

Evening Routine

1. Check calendar for tomorrow's adventures
2. Pack tomorrow's breakfast & lunch
3. Feed Lucky
4. Turn off the lights downstairs
5. Lay out tomorrow's clothes (field work)
6. Charge phone
7. Make sure i have taken a Project 365 photo
8. Check alarm (set to 5:30)

Friday, July 13

- **Montgomery GW measurements**
- **Gas company appointment (Duncan)**
- **Farmshare**
- **Williamstown**

Morning Routine

1. Make the bed
2. Weigh in
3. Get dressed and ready for the day
4. Swish & Swipe in the upstairs bathroom
5. Take vitamins
6. Clean the cat box
7. Feed Lucky
8. Go to work - Montgomery GW levels

After Work Routine

1. Get and sort the mail
2. Check the laundry status

Leave Lucky fresh water & extra food

15 minutes of zone cleaning (Zone 3 - Half Bath, Laundry Room and Guest Room)

Go to Williamstown

Evening Routine

1. Check calendar for tomorrow's adventures
2. Charge phone
3. Make sure i have taken a Project 365 photo

Saturday, July 14

- **Williamstown**

Morning Routine

1. Make the bed
2. Get dressed and ready for the day
3. Take vitamins

Make time to create next week's plan

Weekly review (if i have the time/space for some quiet work with a computer)

Evening Routine

1. Check calendar for tomorrow's adventures
2. Charge phone
3. Make sure i have taken a Project 365 photo

Upcoming

July 20-31 - Osh Kosh
July 20 - MAsT?
July 21 - Hubbard Park Pet Walk/5K?
July 22 - MAsT CT?

August 8 - TBC Discussion Group
August 10-12 - Rivka visits
August 11 - Bridge of Flowers 10K
August 17 - MAsT at Farm?
August 25 - Tomato Trot?
August 26 - Old Wethersfield 10K
August 30 - Leave for MsC
August 31-September 3 - MsC

September 4 - Return from MsC
September 12 - TBC Discussion Group

October 13 - Hartford Half Marathon
October 26-28 - TBC