

Sunday, July 15

- **Williamstown & back home**

Morning Routine

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

When we get home

1. Clean the cat box
2. Feed & water Lucky
3. Unpack/Run laundry

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

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

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 7:00)

Monday, July 16

- **Yoga**
- **Duncan is home**

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 3 - Half Bath, Laundry Room and Guest Room)

Help with Duncan's packing

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 Ian visit)
6. Charge phone
7. Make sure i have taken a Project 365 photo
8. Check alarm (set to 7:00)

Tuesday, July 17

- **Duncan leaves for NY/WI**
- **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

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 3 - Half Bath, Laundry Room and Guest Room)

Trash goes out (no recycle)

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)
5. Charge phone
6. Make sure i have taken a Project 365 photo
7. Check alarm (set to 7:00)

Wednesday, July 18

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

Afternoon

1. Bring in trash cans
2. Get and sort the mail
3. Check the laundry status
4. Check Lucky's water bowl

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

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 19

- **EDR Presentation (9:00)**
- **Farmer's Market**

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

9:00-10:00 - EDR Presentation

Confirm weekend plans with M & E

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 4 - Bedroom & Bathroom)

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, MAsT?)
6. Charge phone
7. Make sure i have taken a Project 365 photo
8. Check alarm (set to 5:30)

Friday, July 20

- **Montgomery GW measurements**
- **MAst?**

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
3. Check Lucky's water bowl

15 minutes of zone cleaning (Zone 4 - Bedroom & Bathroom)

MAst?

Pack if needing a change of clothes for weekend

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 (fun, TBC)
6. Charge phone
7. Make sure i have taken a Project 365 photo
8. Check alarm?

Saturday, July 21

- **Recycled art workshop?**
- **Dog Walk/5K?**
- **TBC**
- **Bing Movie?**

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

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

8:00 [Humane Society 5K \(Meriden\)](#)

10:00 [EcoCenter Workshop](#)

1:00 [TBC Meeting](#)

8:00 [Bing Movie](#)

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 and Ian visit)
5. Charge phone
6. Make sure i have taken a Project 365 photo

Upcoming

July 20-31 - Duncan in Osh Kosh
July 22 - MAsT CT?
July 26 - [Jams & Preserves Class](#)
July 28 - NH?

August 4 - Moonshine & Mixology
August 8 - [TBC Discussion Group](#)
August 10-12 - Rivka visits
August 11 - [Bridge of Flowers 10K](#)
August 17 - MAsT at Farm?
August 23 - [Scramble #3](#)
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 10 - [TBC Discussion Group](#)
October 13 - [Hartford Half Marathon](#)
October 26-28 - [TBC](#)

December 2 - [Blue Back Mitten Run](#)