

I've left comments on, Gs. Insights will be much appreciated. Thank you in advance.

Waking up

For the first 2 weeks, wake-up time will be at 6 am → this ensures that I can get some work in before my family wakes up.

After the initial 2 weeks, I will try to go to bed earlier and wake up earlier + adapt the # of hours of sleep, based on how I feel (maybe reducing it).

Activities throughout the day

I usually finish school at 2 pm max, go train from 5 - 7 or 7:30 - 9, depending on whether I do Muay Thai or boxing that day.

On the days I do boxing, I can work a bit after training, before going to sleep (G-work sessions), although I'm not very productive or awake after I train.

Going to bed

I will usually get home from training, do some GWS (if after boxing), eat, read my Bible and go to sleep.

I am thinking of going to sleep at 10 pm (8 hours). Will probably have a hard time falling asleep at that time at first.

OODA Looping and Figuring stuff out

I will try to adapt the specific hours - waking up & going to sleep earlier if I feel good doing it.