DAY OF THE WEEK	TIME SLOT	DESCRIPTION
MONDAY	6:00 AM	Workout + Journaling
	7:00 AM	Breakfast/Accounting
	8:00 AM	Shower + Get Dressed
	9:00 AM	Social Media
	10:00 AM	Check Emails
	11:00 AM	BUSINESS
	12:00 PM	BUSINESS
	1:00 PM	BUSINESS
	2:00 PM	BUSINESS
	3:00 PM	BUSINESS
	4:00 PM	WORK ON MY BRAND
	5:00 PM	FAMILY

DAY OF THE WEEK	TIME SLOT	DESCRIPTION
TUESDAY	6:00 AM	Workout + Journaling
	7:00 AM	Breakfast/Accounting
	8:00 AM	Shower + Get Dressed
	9:00 AM	Social Media
	10:00 AM	Check Emails
	11:00 AM	FRIENDS
	12:00 PM	BUSINESS
	1:00 PM	BUSINESS
	2:00 PM	BUSINESS
	3:00 PM	BUSINESS
	4:00 PM	WORK ON MY BRAND
	5:00 PM	FAMILY

DAY OF THE WEEK	TIME SLOT	DESCRIPTION
WEDNESDAY	6:00 AM	Workout + Journaling
	7:00 AM	Breakfast/Accounting
	8:00 AM	Shower + Get Dressed
	9:00 AM	Social Media
	10:00 AM	Check Emails
	11:00 AM	FRIENDS
	12:00 PM	BUSINESS
	1:00 PM	BUSINESS
	2:00 PM	BUSINESS
	3:00 PM	BUSINESS
	4:00 PM	WORK ON MY BRAND
	5:00 PM	FAMILY
	6:00 PM	FAMILY

DAY OF THE WEEK	TIME SLOT	DESCRIPTION
THURSDAY	6:00 AM	Workout + Journaling
	7:00 AM	Breakfast/Accounting
	8:00 AM	Shower + Get Dressed
	9:00 AM	Social Media
	10:00 AM	Check Emails
	11:00 AM	VOLUNTEER
	12:00 PM	VOLUNTEER
	1:00 PM	BUSINESS
	2:00 PM	BUSINESS
	3:00 PM	BUSINESS
	4:00 PM	WORK ON MY BRAND
	5:00 PM	FAMILY
	6:00 PM	FAMILY

DAY OF THE WEEK	TIME SLOT	DESCRIPTION
FRIDAY	6:00 AM	Workout + Journaling
	7:00 AM	Breakfast/Accounting
	8:00 AM	Shower + Get Dressed
	9:00 AM	Social Media
	10:00 AM	Check Emails
	11:00 AM	BUSINESS
	12:00 PM	BUSINESS
	1:00 PM	BUSINESS
	2:00 PM	BUSINESS
	3:00 PM	BUSINESS
	4:00 PM	WORK ON MY BRAND
	5:00 PM	FAMILY
	6:00 PM	FAMILY
	7:00 PM	FAMILY
	8:00 PM	FAMILY
	9:00 PM	FAMILY
	10:00 PM	FAMILY

DAY OF THE WEEK	TIME SLOT	DESCRIPTION
SATURDAY	6:00 AM	Workout + Journaling
	7:00 AM	Breakfast/Accounting
	8:00 AM	Shower + Get Dressed
	9:00 AM	Social Media
	10:00 AM	Check Emails
	11:00 AM	Create Social Content for Next Week
	12:00 PM	Time Block Upcoming Week
	1:00 PM	FUN
	2:00 PM	FUN
	3:00 PM	FUN
	4:00 PM	FUN
	5:00 PM	FUN
	6:00 PM	FUN
	7:00 PM	FUN
	8:00 PM	FUN
	9:00 PM	FUN
	10:00 PM	FUN

SUNDAY		
	6:00 AM	Workout + Journaling
	7:00 AM	Breakfast/Accounting
	8:00 AM	Check Emails / Social Media
	9:00 AM	Shower + Get Dressed
	10:00 AM	CHURCH
	11:00 AM	CHURCH
	12:00 PM	CHURCH
	1:00 PM	
	2:00 PM	
	3:00 PM	
	4:00 PM	
	5:00 PM	

AVAILABLE WORK HOURS		
CLIENTS	HOURS	DESCRIPTION
TOTAL		

BUSINESS
FRIENDS
FAMILY
FUN
CHURCH
WORK ON MY BRAND
VOLUNTEER