DAY OF THE WEEK	TIME SLOT	DESCRIPTION	DAY OF THE WEEK	TIME SLOT	DESCRIPTION								
DAT OF THE WEEK	TIME SCOT	DESCRIPTION	DAT OF THE WEEK	TIME SCOT	DESCRIPTION	AVAILABLE WORK HOUR							
		Workout + Journaling	TUESDAY			CLIENTS							
MONDAY	6:00 AM		TUESDAY	6:00 AM	Workout + Journaling	CLIENTS	HOUR	DESCRIPTION					
	7:00 AM	Breakfast/Accounting		7:00 AM	Breakfast/Accounting								
	8:00 AM	Shower + Get Dressed		8:00 AM	Shower + Get Dressed								
	9:00 AM	Social Media		9:00 AM	Social Media								
	10:00 AM	Check Emails		10:00 AM	Check Emails								
	11:00 AM	BUSINESS		11:00 AM	FRIENDS								
	12:00 PM	BUSINESS		12:00 PM	BUSINESS								
	1:00 PM	BUSINESS		1:00 PM	BUSINESS								
	2:00 PM	BUSINESS		2:00 PM	BUSINESS								
	3:00 PM	BUSINESS		3:00 PM	BUSINESS								
	4:00 PM	WORK ON MY BRAND		4:00 PM	WORK ON MY BRAND								
	5:00 PM	FAMILY		5:00 PM	FAMILY								
	5:00 PM	FAMILY		5:00 PM	FAMILY								
DAY OF THE WEEK	TIME SLOT	DESCRIPTION	DAY OF THE WEEK	TIME SLOT	DESCRIPTION								
WEDNESDAY	6:00 AM	Workout + Journaling	THURSDAY	6:00 AM	Workout + Journaling								
	7:00 AM	Breakfast/Accounting		7:00 AM	Breakfast/Accounting								
	8:00 AM	Shower + Get Dressed		8:00 AM	Shower + Get Dressed								
	9:00 AM	Social Media		9:00 AM	Social Media								
	10:00 AM	Check Emails		10:00 AM	Check Emails								
	11:00 AM	FRIENDS		11:00 AM	VOLUNTEER								
	12:00 PM	BUSINESS		12:00 PM	VOLUNTEER			1					
	1:00 PM	BUSINESS		1:00 PM	BUSINESS								
							_						
	2:00 PM	BUSINESS		2:00 PM	BUSINESS	TOTAL							
	3:00 PM	BUSINESS		3:00 PM	BUSINESS								
	4:00 PM	WORK ON MY BRAND		4:00 PM	WORK ON MY BRAND	BUSINESS							
	5:00 PM	FAMILY		5:00 PM	FAMILY	FRIENDS							
	6:00 PM	FAMILY		6:00 PM	FAMILY	FAMILY							
						FUN							
DAY OF THE WEEK	TIME SLOT	DESCRIPTION	DAY OF THE WEEK	TIME SLOT	DESCRIPTION	CHURCH							
						WORK ON MY BRAND							
FRIDAY	6:00 AM	Workout + Journaling	SATURDAY	6:00 AM	Workout + Journaling	VOLUNTEER							
	7:00 AM	Breakfast/Accounting		7:00 AM	Breakfast/Accounting								
	8:00 AM	Shower + Get Dressed		8:00 AM	Shower + Get Dressed								
	9:00 AM	Social Media		2:00 AM	Social Media								
	10:00 AM	Check Emails		10:00 AM	Check Emails								
	11:00 AM	BUSINESS		11:00 AM	Create Social Content for Next Week								
	12:00 PM	BUSINESS		12:00 PM	Time Block Upcoming Week								
	1:00 PM	BUSINESS		1:00 PM	FUN								
	2:00 PM	BUSINESS		2:00 PM	FUN								
	3:00 PM	BUSINESS		3:00 PM	FUN								
	4:00 PM	WORK ON MY BRAND		4:00 PM	FUN								
	5:00 PM	FAMILY		5:00 PM	FUN								
	6:00 PM	FAMILY		6:00 PM	FUN								
	7:00 PM	FAMILY		7:00 PM	FUN								
	8:00 PM	FAMILY		8:00 PM	FUN								
	9:00 PM	FAMILY		9:00 PM	FUN								
	10:00 PM	FAMILY		10:00 PM	FUN								
	10:00 PM	PAMILT		10:00 PM	FUN								
SUNDAY													
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												