

Dynasty Defined Weekly Schedule	
Course Content	Released Fridays for NEXT week
Weekly Tribe Workshop	Mondays @ 12:30-2:00 CST
Weekly Office Hours	Wednesdays @ 10:00-11:00 CST
Spear and Clover Mastermind	Fridays @ 1:00-2:30 CST

Weekly Tribe Workshop	This is sthe BIG one! In this meeting we will cover the week's coursework and actually work though it together.
Weekly Office Hours	Open office hourse for your to make-up missed workshop time or ask ANY questions about your business
Spear and Clover Mastermind	<p><u>1st and 3rd Friday of the month:</u> Mastermind session featuring a guest speaker who is a subject matter expert as well as "Hot Seat" time for EVERY member!</p> <p><u>2nd, 4th, and 5th Fridays:</u> Open office hourse for your to make-up missed workshop time or ask ANY questions about your business</p>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
6:00 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up								
6:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up								
7:00 AM	Family Time	Family Time	Family Time	Family Time	Family Time	Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands								
7:30 AM															
8:00 AM															
8:30 AM	Fight!	Fight!	D.D. Office Hours	Fight!	Fight!			Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands						
9:00 AM															
9:30 AM															
10:00 AM	Lunch / Shower	B.P. Mastermind	Podcasting	Lunch / Shower	Lunch / Shower					Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands				
10:30 AM															
11:00 AM															
11:30 AM	Weekly Team Meeting	Productive Work	Podcasting	Productive Work	Spear and Clover Mastermind							Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands		
12:00 PM															
12:30 PM															
1:00 PM	Productive Work	Productive Work	Podcasting	Productive Work	Productive Work									Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands
1:30 PM															
2:00 PM															
2:30 PM	Family Time / Dinner	D.D. Tribe Workshop	Family Time / Dinner	Family Time / Dinner	Family Time / Dinner	Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands								
3:00 PM															
3:30 PM															
4:00 PM	Bath / Bedtime	Bath / Bedtime	Bath / Bedtime	Bath / Bedtime	Bath / Bedtime			Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands						
4:30 PM															
5:00 PM															
5:30 PM	Grown-up Time	Grown-up Time	Grown-up Time	Grown-up Time	Grown-up Time					Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands				
6:00 PM															
6:30 PM															
7:00 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime							Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands		
7:30 PM															
8:00 PM															
8:30 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime									Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands
9:00 PM															
9:30 PM															
10:00 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands								
10:30 PM															
11:00 PM															

Category	Time (Hrs)
Family / Personal	72
Sleep	7.5+
Coaching	4.5
Productive Work	15
Training	12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
6:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
7:00 AM	Family Time	Family Time	Family Time	Family Time	Family Time	Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Productive Work	Fight!	PMM POD	Fight!	Productive Work		
10:00 AM							
10:30 AM							
11:00 AM	Lunch / Shower	Lunch / Shower	Lunch / Shower	Lunch / Shower	Lunch / Shower		
11:30 AM							
12:00 PM	Weekly Team Meeting	Productive Work	Lunch / Shower	Productive Work	Lunch / Shower		
12:30 PM							
1:00 PM	Productive Work		Administrative Day	Productive Work	Spear and Clover Mastermind		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Family Time / Dinner	Family Time / Dinner	Family Time / Dinner	Family Time / Dinner			
4:30 PM							
5:00 PM	Bath / Bedtime	Bath / Bedtime	Bath / Bedtime	Bath / Bedtime	Bath / Bedtime		
5:30 PM							
6:00 PM	Grown-up Time	Grown-up Time	Grown-up Time	Grown-up Time	Grown-up Time		
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime		
9:30 PM							
10:00 PM							
10:30 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime		
11:00 PM							

Category	Time (Hrs)
Family / Personal	72
Sleep	7.5+
Coaching	1.5
Productive Work	26.5
Training	6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	
6:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	
7:00 AM	Family Time	Family Time	Family Time	Family Time	Family Time	Family Time / Chores / Personal Time / Errands	Family Time / Chores / Personal Time / Errands	
7:30 AM				Family Time	Family Time			
8:00 AM								
8:30 AM								
9:00 AM	Fight!	Fight!		Family Time	Fight!			Fight!
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM	Lunch / Shower	Lunch / Shower		Lunch / Shower	Lunch / Shower			
12:30 PM	Prep Time	BP Mastermind	DD Coaching Call	Productive Work	Spear and Clover Mastermind			
1:00 PM								
1:30 PM	BJJ Mastermind	Productive Work	Productive Work		Productive Work			DD Cohort Workshop
2:00 PM								
2:30 PM	Weekly Team Meeting							
3:00 PM								
3:30 PM	DD Coaching Call							
4:00 PM								
4:30 PM								
5:00 PM	Family Time / Dinner	Family Time / Dinner	Family Time / Dinner	Family Time / Dinner	Family Time / Dinner			
5:30 PM								
6:00 PM	Bath / Bedtime	Bath / Bedtime	Bath / Bedtime	Bath / Bedtime	Bath / Bedtime			
6:30 PM								
7:00 PM	Grown-up Time	Grown-up Time	Grown-up Time	Grown-up Time	Grown-up Time			
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								
10:00 PM								
10:30 PM								
11:00 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	

Category	Time (Hrs)
Family / Personal	72
Sleep	7.5+
Coaching	5
Productive Work	12
Training	12