

	Mon 11/4	Tue 11/5	Wed 11/6	Thu 11/7
5am	Get Up 5:15am - 6am	Get Up 5:15am - 6am	Get Up 5:15am - 6am	Get Up 5:15am - 6am
6am	Workout 6am - 7am	Workout 6am - 7am	Workout 6am - 7am	Work 6am - 7am <i>(1)</i>
7am	Get Ready 7am - 8:30am	Get Ready 7am - 8:30am	Get Ready 7am - 8:30am	Get Ready 7am - 8:30am
8am				
9am	Work 8:30am - 12pm <i>(3.5)</i>	Work 8:30am - 12pm <i>(3.5)</i>	Work 8:30am - 12pm <i>(3.5)</i>	Friend Time 8:30am - 12pm
12pm	Rest 12pm - 1:30pm	Rest 12pm - 1:30pm	Rest 12pm - 1:30pm	Rest 12pm - 1:30pm
1pm				
4pm	Work 1:30pm - 4:30pm <i>(3)</i>	Work 1:30pm - 4:30pm <i>(3)</i>	Work 1:30pm - 4:30pm <i>(3)</i>	Work 1:30pm - 4:30pm <i>(3)</i>
5pm	Any "unscheduled" time is free or family time. I can re-arrange my work if needed.			
6pm	Kid Activity 5:30pm - 7:30pm <i>*1 Work</i>	Work 6pm - 8pm <i>(2)</i>	Work 6pm - 8pm <i>(2)</i>	Kid Activity 5:30pm - 7:30pm <i>*1 Work</i>
7pm				
Total work time	<i>(7.5)</i>	<i>(8.5)</i>	<i>(8.5)</i>	<i>(5.0)</i>

*\* I work during sport practices while I'm waiting.*

Amanda The Expectation Gaps

Fri Nov 8 – Sun Nov 10, 2019 (Eastern Time - Detroit)

	Fri 11/8	Sat 11/9	Sun 11/10
5am			
6am	<b>Get Up</b> 5:15am - 6am	<b>Get Up</b> 5:15am - 6am	<b>Get Up</b> 5:15am - 6am
7am	<b>Workout</b> 6am - 7am		<b>Workout</b> 6am - 7am
8am	<b>Get Ready</b> 7am - 8:30am	<b>Work</b> 8am - 10am	
9am	<b>Work</b> 8:30am - 12pm  <u>3.5</u>	<u>2</u>	
10am			<b>Work</b> 10am - 12pm  <u>2</u>
11am			
12pm	<b>Rest</b> 12pm - 1:30pm	<b>Birthday party</b> 11:30am - 7pm	
1pm			
2pm	<b>Work</b> 1:30pm - 4:30pm  <u>3</u>		<b>Kid Activity</b> 2pm - 5:30pm
3pm			
4pm			
5pm	<u>6.5</u>	<u>2.0</u>	<u>2.0</u>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
1MM	2.0			2.0				4.0
Updates	0.5	0.5			0.5	0.5		2.0
Articles to Site						1.5		1.5
Research								0.0
Write x 1	1.0	2.0	3.0					6.0
Worksheets x 1					1.5			1.5
Proof x 1				1.5				1.5
Video Notes x 1					1.5			1.5
Video x 1					2.0			2.0
Other Content	0.5	2.5	3.0					6.0
Email Mel R.	1.0							1.0
Other Marketing	1.0	2.0	1.0					4.0
Tailwind	1.5	1.5	1.5	1.5	1.0	0.0		7.0
Publish Article							1.0	1.0
Schedule							1.0	1.0
Total	7.5	8.5	8.5	5.0	6.5	2.0	2.0	40.0

These "Totals" are from my "block" schedule. I then allocate my time to individual tasks.