

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 - 5:00 AM							
5:00 - 5:30 AM							
5:30 - 6:00 AM							
6:00 - 6:30 AM	Breakfast.read.journal	stretch	Breakfast.read.journal	stretch	Breakfast.read.journal		
6:30 - 7:00 AM	Travel/warm up	journal	Travel/warm up	journal	Travel/warm up		
7:00 - 7:30 AM	Workout	Family/breakfast	Workout	Family/breakfast	Workout		
7:30 - 8:00 AM	Engage clients & team. travel	Family	Engage clients & team. travel	Family	Engage clients & team. travel		
8:00 - 8:30 AM		Denali focus		Denali focus		House tasks	
8:30 - 9:00 AM							
9:00 - 9:30 AM							
9:30 - 10:00 AM						On biz 2-4 hours pm	
10:00 - 10:30 AM					Lunch.Get ready		
10:30 - 11:00 AM					Travel		
11:00 - 11:30 AM	Lunch.get ready		Lunch.Get ready		Clinical		
11:30 - 12:00 PM	Travel		Travel	Lunch			
12:00 - 12:30 PM	Clinical	Lunch	Clinical	DO 12-1245			
12:30 - 1:00 PM				(Biweekly)			
1:00 - 1:30 PM							
1:30 - 2:00 PM							
2:00 - 2:30 PM							
2:30 - 3:00 PM							
3:00 - 3:30 PM							
3:30 - 4:00 PM							
4:00 - 4:30 PM							
4:30 - 5:00 PM							
5:00 - 5:30 PM		Family		Family	Travel		
5:30 - 6:00 PM		Family		Family	Dinner/Family		
6:00 - 6:30 PM		*Family		*Family	Family		
6:30 - 7:00 PM		Dinner/Family		Dinner/Family	Family		
7:00 - 7:30 PM	Travel	Family	Travel	Family	Family		
7:30 - 8:00 PM	Dinner/Family	Family	Dinner/Family	Family	Family		
8:00 - 8:30 PM	Personal	Personal	Personal	Personal	Personal.Jodi		Biz tasks pm
8:30 - 9:00 PM	Personal	Personal	Personal	Personal	Personal.Jodi		
9:00 - 9:30 PM	Personal	Personal	Personal	Personal	Personal.Jodi		
9:30 - 10:00 PM	Personal	Personal	Personal	Personal	Personal.Jodi		
10:00 - 10:30 PM	Bedtim.read	Bedtime.read	Bedtime.read	Bedtime.read	Bedtime.read		Bedtime.read
10:30 - 11:00 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Late Bedtime pm	Bedtime

- = Clinical Time
- = On the biz time(not in meetings)      Green for money
- = Meetings      Red for danger/careful
- = Sleep/meals/travel
- = Family time
- = Personal
- \* = Make dinner