	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Plan and Schedule			
Marketing	Emails	Create Video	Write Blog Post	Social Media	Product Creation		
	Clean Master BA			Kitchen and Food		Cook starches and	
Household	BR	Clean kids rooms	2 loads of laundry	prep	2 Loads of laundry	veggies	Cook meat
Family	Playtime with kids	Playtime with kids	Playtime with kids	Playtime with kids	Spouse time	Playtime with kids	Family outing
	30minutes						
Personal	reading/reflecting						
Development	/praying						
	30 minutes	30 minutes		30 minutes		30 minutes	
PD 2	exercise	exercise		exercise		exercise	
Business	Check on reports						
	Follow up with						
	leads	leads	leads	leads	leads		
	Make a sale						