

Jan-05
Working at Ignition Partners

	Monday 6:30 AM	Tuesday 6:30 AM	Wednesday 6:30 AM	Thursday 6:30 AM	Friday 6:30 AM	Saturday 6:30 AM	Sunday 7:30 AM	Total:
Get Up								
Get Ready for work	0:30	0:30		0:30	0:30			2:00:00
Commute to	0:30			0:30	0:30			1:30:00
Work at Ignition	6:00	5:30		6:30	7:00		1:00	26:00:00
Drive home	0:30			0:30	0:30			1:30:00
Drive to/from Airpt		1:30						1:30:00
Travel for work		4:30						4:30:00
SBD/Greenline			2:00	1:00		1:00		4:00:00
DGC/Blog	0:30	0:30	0:30	0:30	2:00	1:30		5:30:00
Total Career								46:30:00 27.68%
WorkOut	2:00			2:00		2:30	2:00	8:30:00
CWFB					1:00			1:00:00
SURF			8:00					8:00:00
Read good books	0:30			0:30		1:00	1:00	3:00:00
Watch TV	1:30			2:00	2:00			5:30:00
Self Discovery					1:00	2:00		3:00:00
Depression work	1:30							1:30:00
Ride Harley				0:30				0:30:00
Church							2:00	2:00:00
Buy toys/Tech	0:30	0:45	1:00		1:00			3:15:00
Nap on Couch				0:30			2:00	2:30:00
Man's club						1:30		1:30:00
Total Self								40:15:00 23.96%
Finn Time	1:00	1:00	0:30	1:30	1:00	3:00	3:00	11:00:00
Family time/friends						3:30	2:30	6:00:00
Movies with Alex			3:00					3:00:00
Alex and Me time		0:30	2:30	0:30		1:00	1:00	5:30:00
Put Finn down	0:30	0:45		0:30			1:00	2:45:00
Dinner with Family	1:30	1:30		1:30	1:30		1:30	7:30:00
Sex			0:30					0:30:00
Total Family								36:15:00 21.58%
Sleep	7:00	7:00	6:00	5:00	6:00	7:00	7:00	45:00:00
Total Sleep								45:00:00 26.79%
Total hrs in day:	24:00:00	24:00:00	24:00:00	24:00:00	24:00:00	24:00:00	24:00:00	168:00:00 168:00:00