

# Alejandra's Block Scheduling

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
5:00 AM	<i>Morning Routine:</i> Water, Medicine, Meditation and Hair/Eye/Face Treatment					<b>SLEEPY TIME!</b>	<b>SLEEPY TIME!</b>							
5:30 AM	<i>Workout Time:</i> *** 45 minutes of daily at home routines (Shower after)													
6:00 AM	Elliptical	Boxing	TRX Workout	Arms	Legs									
6:30 AM	<i>Breakfast Time:</i> Prepare breakfast, Feed Pets, pack lunches and snacks					<i>My Personal Time</i>								
7:00 AM	<i>Commute:</i> School Drop-Off					Run								
7:30 AM	Head to Work					TRX								
8:00 AM	<b>Day Job</b>					<i>Morning Routine</i>	<i>Morning Routine</i>							
8:30 AM										<i>Breakfast Time</i>	<i>Breakfast Time</i>			
9:00 AM										Eat & feed pets	Eat & feed pets			
9:30 AM										<b>Gym</b>	<b>FAMILY TIME</b>			
10:00 AM										Kickboxing and Cardio				
10:30 AM														
11:00 AM										Cleaning Checklist	<b>CHURCH</b>			
11:30 AM										<b>CHORES</b>				
12:00 PM						<b>LUNCH/GYM TIME/ERRANDS:</b>								
12:30 PM						Run		Rowing	Run		<b>Lunch</b>	<b>Lunch</b>		
1:00 PM	<b>Day Job</b>					<b>FAMILY TIME</b>	<b>FAMILY TIME</b>							
1:30 PM														
2:00 PM														
2:30 PM														
3:00 PM														
3:30 PM														
4:00 PM														
4:30 PM														
5:00 PM								<i>Commute:</i> School Pick-Up						<b>Budget Meeting</b>
5:30 PM								Head to activities or back home						Go over expenses & savings
6:00 PM	Karate	Dinner	Karate	Dinner	Dinner	<b>MEALS:</b>	Dinner							
6:30 PM		Cleaning Checklist		Cleaning Checklist	Cleaning Checklist	Grocery Shopping and Food Prep!	Cleaning Checklist							
7:00 PM	<i>Commute</i>	<b>Gym</b>	<i>Commute</i>	<b>Gym</b>	<b>FAMILY TIME</b>	<b>FAMILY TIME</b>	<b>FAMILY TIME</b>							
7:30 PM	Dinner	Zumba Class	Dinner	Boot Camp										
8:00 PM	Cleaning Checklist	<i>Commute</i>	Cleaning Checklist	<i>Commute</i>										
8:30 PM	<b>SELF CARE TIME!</b>						<i>Time Management</i>							
9:00 PM	<i>Time management with Franciso:</i> See next day at-a-glance				<b>SELF CARE!</b>	<b>SELF CARE TIME!</b>	<b>SELF CARE TIME!</b>							
9:30 PM	Time with Francisco					Time with Francisco	Watch TV, talk and relax							
10:00 PM	Watch TV, talk and relax					Watch TV, talk and relax								
10:30 PM	<b>SLEEPY TIME!</b>					<b>SLEEPY TIME!</b>								
10:30 PM														