Weekly Schedule

Week of: October 12, 2026 | Top priority: finish Q4 campaign plan

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7 am	Gym		Gym		Gym		
8 am	Plan the week	Email	Email	Email	Email		
9 am	Deep work	Deep work	Deep work	Deep work	Deep work	Farmers market	
10 am	Team meeting			Weekly review			Brunch
11 am		Client call			1:1 with Sam		
12 pm	Lunch	Lunch	Lunch	Lunch	Team lunch		
1 pm			Webinar prep			Errands	
2 pm					Wrap up week		
3 pm							Meal prep
4 pm							
5 pm		Pick up kids		Pick up kids			
6 pm	Dinner	Dinner	Yoga class	Dinner	Friends	Date night	Family dinner
7 pm+	Reading			Reading			Plan next week

Top 3 goals this week

1. Finish Q4 campaign plan
2. Gym 3 times
3. Read 2 chapters

Notes and reminders

Mom's birthday Thursday – call

Car service due Friday

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