

Sterling's Schedule Example

| Time | Area | Event! | Done? |
|-------------|----------------|-----------------------------------|--------------|
| 30 Min. | Body Prep | Shower and Shave and Brush Teeth | |
| 1 Hr. | Business Block | | |
| 15 Min. | Energy/Relax | Fruit Shake + Vitamins | |
| 1 Hr. | Business Block | | |
| 30 Min | Energy/Relax | 1/2 Lunch/Personal Time | |
| 1 Hr. | Business Block | | |
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| 30 Min | Energy/Relax | 1/2 Lunch/Personal Time | |
| 1 Hr. | Business Block | | |
| 45 Min. | Exercise | Body Sculpting | |
| 1 Hr. | Energy/Relax | Personal Time | |
| 30 Min | Family | SPECIFIC: Time with the Family | |
| 1 Hr. | Business Block | | |
| 30 Min | Energy | 1/2 Dinner/Personal Time | |
| 1 Hr. | Business Block | Product Fulfillment/Emails | |
| 1 Hr. | Energy/Relax | WALK | |
| 30 Min | Energy | 1/2 Dinner/Personal Time | |
| 1 Hr. | Business Block | Blogs | |
| 15 Min | Schedule | Plan tomorrows schedule | |
| 2 Hrs. | Energy/Relax | Personal/Family Time | |
| 8 Hrs. | Rejuvenate | Sleep | |