

	SUN 8	MON 9	TUE 10	WED 11	THU 12	FRI 13	SAT 14
All Day	Rest Day	Brio Day	Content and Meeting Day	Light Workout Day	Content and Meeting Day	Brio Day	Medium Workout Day
	Weekly Preparation Day	Medium Workout Day	Heavy Workout Day	Well-Being Day	Heavy Workout Day	Light Workout Day	
8am		Creative Time (No Meetings)	Creative Time (No Meetings)		Weekly Breakfast with Chris or LeShane		
9am				Creative Time (No Meetings)		Vic Meeting	Hyperbolic Stretching
10am		Brio Working Day - Work, Meetings	Weekly Together TN Meeting or 1/2/3/4 Star Meetings		Undisputed / Creative Power Meeting	GHI Meeting	
11am	Shopping & Food Prep			Shopping & Food Prep		Brio Work (No Meetings)	Yong In Belt Test
12am			Hyperbolic Stretching		Hyperbolic Stretching		
1pm			Strength Training		Strength Training		Strength Training
2pm	Writing, GTD, Finances	Running & Sauna	Eat	Pilates w/ Laurel	Eat	Pilates w/ Laurel	
3pm		H-F Content (Writing/ Recordings) or Brio Meetings	MW Content Recording		MW Content Recording or Creative Time	Running & Sauna	
4pm		Eat	Eat	Eat	Eat	Brio Work: Email, Asana, Productive Work PRIORITY. To Be Booked	
5pm		JSF Office Hours			One or Two Star Calls		
6pm	Meditation at Home	Meditation at Home	Meditation at Home	Meditation at Home	Meditation at Home	Meditation at Home	Meditation at Home
7pm		Snack	Snack	Snack	Snack	Snack	
8pm	Sunday Family Dinner	Travel + Competition BJJ	BJJ (Intermediate / Advanced)	Hump Day Fun or 1st Week Family Dinner (Do Not Book 1st week of Month)	BJJ (Intermediate / Advanced)	Date Night	
9pm		Dinner	Hapkido		Hapkido		
10pm							