

# Phase 2 Lockdown Schedule



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## Weekly Schedule Template

For the period: 06/20 to 07/20

| Time  | Monday                  | Tuesday              | Wednesday             | Thursday             | Friday     | Saturday        | Sunday  |
|-------|-------------------------|----------------------|-----------------------|----------------------|------------|-----------------|---------|
| 05:00 |                         |                      |                       |                      |            |                 |         |
| 06:00 |                         |                      |                       |                      |            |                 |         |
| 07:00 |                         |                      |                       |                      |            |                 |         |
| 08:00 |                         |                      |                       |                      |            |                 |         |
| 09:00 | PLANNING<br>2 PREP      | WORKSHOP<br>DELIVERY | COURSE<br>DEVELOPMENT | WORKSHOP<br>DELIVERY | BOOK       | BOOK            |         |
| 10:00 |                         |                      |                       |                      |            |                 | CHURCH  |
| 11:00 |                         |                      |                       |                      |            |                 |         |
| 12:00 |                         |                      |                       |                      |            |                 |         |
| 13:00 | FAMILY LUNCH TIME       |                      |                       |                      |            |                 |         |
| 14:00 | BUSINESS<br>DEVELOPMENT |                      | COURSE<br>DEVELOPMENT | MEETINGS             | FOLLOW-UPS | CHORES          | FAMILY  |
| 15:00 |                         |                      |                       |                      |            |                 | SABBATH |
| 16:00 |                         |                      |                       |                      |            |                 |         |
| 17:00 |                         | FOLLOW-UPS           |                       |                      |            |                 |         |
| 18:00 | FAMILY DINNER TIME      |                      |                       |                      |            |                 |         |
| 19:00 |                         |                      | ISAAC TIME            | HEART                | SAM TIME   | FAMILY<br>NIGHT | REST    |
| 20:00 |                         |                      |                       |                      |            |                 |         |
| 21:00 |                         |                      |                       |                      |            |                 |         |
| 22:00 |                         |                      |                       |                      |            |                 |         |
| 23:00 |                         |                      |                       |                      |            |                 |         |

COLOUR CODE:

- Quiet Time/Planning
- Partner
- Children/Family
- Work
- Exercise
- Gardening  
Passion/Hobby/Charity
- Chores
- Other
- Charity