

# Ideal Week

	Sabbath	All Business Unit Meetings	Business Unit Two	Deep Work	Business Unit Three	Sabbath	Church	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Key
4:00 AM	Quiet Time / Pray	Quiet Time / Pray	Quiet Time / Pray	Quiet Time / Pray	Quiet Time / Pray	Quiet Time / Pray	Quiet Time / Pray	BU #1
4:30 AM								BU #2
5:00 AM	Sermon Prep	Sermon Prep	Sermon Prep	Sermon Prep	Sermon Prep	Sermon Prep	Workout	BU #3
5:30 AM								PERSONAL
6:00 AM							Sermon Prep	
6:30 AM	Workout	Workout	Workout	Workout	Workout	Workout		REST
7:00 AM								
7:30 AM	Development	Development	Development	Development	Development	Development	Development	
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:30 AM		EA Daily Briefing	EA Daily Briefing	EA Daily Briefing	EA Daily Briefing			
9:00 AM		PA weekly Briefing						
9:30 AM							Worship Service/ Church	
10:00 AM								
10:30 AM								
11:00 AM		BU #1 Team Meeting						
11:30 AM							Worship Service/ Church	
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
12:30 PM								
1:00 PM		BU #2 Team Meeting					Lunch	
1:30 PM							Appointments	
2:00 PM		BU #3 Team Meeting						
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Dinner	Dinner	Planning and Calendar Setup	Planning and Calendar Setup	Dinner	Dinner	Dinner	
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM			Worship Service -Church	CLASS				
7:30 PM								
8:00 PM	Weekly Planning and Calendar Setup	Planning and Calendar Setup			Planning and Calendar Setup			
8:30 PM								