

7:00 am : wake up
7:05 am : make bed
7:10 am : skincare
7:15 am : get a glass of lemon water
7:20 am : read 30 minutes
7:50 am : make breakfast
8:15 am : workout
9:00 am : shower
9:15 am : get dressed
9:45 am : journal
10:00 am : productivity
12:30 pm : lunch and sister time
1:30 pm : productivity
2:00 pm : read 30 minutes
2:30 pm : phone time
3:30 pm : snack
3:45 pm : laptop
4:30 pm : finish tasks and prep
5:00 pm : free time and water
5:30 pm : dinner
6:30 pm : clean up
7:00 pm : family time