

Calendar for date 03/06/2020

Time	Activity
12:00 midnight	Sleep
12:30	Sleep
1:00	Sleep
1:30	Sleep
2:00	Sleep
2:30	Sleep
3:00	Sleep
3:30	Sleep
4:00	Morning routine
4:30	Goal 1 (monthlong): Udemy course
5:00	Goal 1 (monthlong): Udemy course
5:30	Habit goal: Cardio
6:00	Habit goal: Strength training
6:30	Habit goal: Cleanliness: Sweep and mop home
7:00	Habit goal: Health: Prepare breakfast
7:30	Habit goal: Health: Eat breakfast
8:00	Goal 2 (weekly): Blog writing
8:30	Goal 2 (weekly): Blog writing
9:00	Goal 2 (weekly): Blog writing
9:30	Goal 2 (weekly): Blog writing
10:00	Habit goal: Prepare lunch
10:30	Unschedule: Break from work, read for sometime
11:00	Habit goal: Personal finance: Stock trading

	morning session
11:30	Habit goal: Health: Lunch
12:00 noon	Habit goal: Health: Lunch
12:30	Habit goal: Cleanliness: Clean up kitchen, do dishes
1:00	Goal 3 (one-time): Watch options trading video
1:30	Goal 3: Watch options trading video
2:00	Goal 3: Watch options trading video
2:30	Goal 3: Review notes taken from video lessons
3:00	Habit goal: Personal finance: Stock trading market pre-close session
3:30	Habit goal: Learn Gujarati: Study grammar lessons on future continuous tense
4:00	Unschedule: Tea time and conversation with wife
4:30	Unschedule: Tea time and conversation with wife
5:00	Unschedule: Go out for the evening with wife (mall, beach, river side, city view point, gaming zone, board game club, etc.)
5:30	Unschedule: Go out for the evening
6:00	Unschedule: Go out for the evening
6:30	Unschedule: Go out for the evening
7:00	Habit goals: Learning: Read blog articles previously saved on Pocket app
7:30	Habit goals: Prepare dinner
8:00	Habit goals: Eat dinner
8:30	Habit goals: Personal finance: Note down day's income and expenses, review promising stocks for next day's trading
9:00	Habit goals: Review day progress and plan for the

	next day
9:30	Habit goals: Reading from a physical book, shower, body massage, etc.
10:00	Sleep
10:30	Sleep
11:00	Sleep
11:30	Sleep