

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 eat							
WO 3%	Body 1.5 Hour+ Walk-Exercise	Body 1.5 Hour+ Walk-Exercise	Body * Massage, Eyebrows, stretch, etc.	Body 1.5 Hour+ Walk-Exercise	Body 1.5 Hour+ Walk-Exercise	Open	Body 1.5 Hour+ Walk-Exercise
12:30 eat							
SM + CH Maintenance Character	1.0 Hour	Class 12:45-2:30	1.0 Hour	1.0 Hour	1.0 Hour	1.0 Hour	1.0 Hour
6:00 eat							
BR Learn	Learn 1.5 Hour+ .5	Class 7:00-9:00 Learn 1.5 Hour+ .5	Learn 1.5 Hour+ .5	Class 7:00-9:00	Learn 1.5 Hour+ .5		Learn 1.5 Hour+ .5
CH + ME Experiences 35 Children PM							
1:00 Bed							
Thursday, October 15, 2026 1:01 AM							

Classes (full)	
1. LGL 115 Real Estate Law/Rea 100	2. ITD 195 AI/AI Class
3. GEO 220 World Geography	4. ITN 257 Cloud Computing: Infrastructure and Services
5. HIS 183 Historic Preservation	6. ITD Advanced Database Management
7. HIS 183 Museum Practice	8. ITN 170 LINUX System Administration
9. HIS 180 Historical Archeology	10. ITN Information Storage & Management
11. ART 215 Modern Art	12. ITN 254 Virtual Infrastructure: Installation and Configuration
13. ARC 201 History of Modern Architecture	14. PHT 274 Video
15. PLS 241 International Relations	16. LGL 135 Business Law
17. ENE 108 Data Centers	18. CST 114 Survey of Mass Media
19. Open	20. Open
21. Open	

Finance (30 min)	
FIN 280 Securities	ACC 261/2 Federal Taxes
BUS 125 Business Math (book)	

1. It's better to do "full out" workouts than "marking" it.
2. Working out a little each day is better than trying to cram in practice the week before the swimsuit competition. It's like saving money. If you save a \$1 each day, in a month, you will have \$30. This is a lot easier than trying to save \$5 each day for a week. By the end of the month, you have the same result, plus interest!
3. Watch YouTube videos to get the right technique.
4. "The difference between a dream and a goal... is a timeline and an action plan."
5. It is better to learn something fully than halfway.
6. Adventures completion: 35
7. 3% health metric
8. Focus purely on future value: Evaluate the options based only the costs you can control going forward compared to the *future benefits*.
9. Forget the past: Mentally zero out what you've already spent. It's gone. The only way forward is the sunk cost method. Your sickness illustrates that rehashing is pretty much killing you. Let it go. Sunk cost fallacy.
10. *Remember that you spend less than 1% of your time with your kids — you will have very little time with them the rest of your life!*
11. *Your children are adults and have their own lives.*
12. *Your kids do not live by you anymore so there is nothing you can do to besides supporting them and treating them like adults.*
13. *Forgive* and start anew, like it's the first time. Learn from your mistakes.
14. Be consistent and work hard.
15. If you hear the same thing from more than one person, think about it, take to heart their feedback and strive to get better.
16. *Practice any skill 3 times a week for a year* and you'll end up better than 95% of people. Research shows consistent practice is what actually makes someone an expert. The bar is so low because almost nobody does it.
17. *Smile!*

95%/5%

...Cheat days only when going out to eat...

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Parfait	Parfait	Parfait	Parfait	Parfait	Parfait	Parfait
2	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Pesto and Tofu	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Protein Drink	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Pesto and Tofu	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Protein Drink	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Pesto and Tofu	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Open	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Protein Drink
3	Eggs & Salsa	6 oz Meat	Eggs & Salsa	6 oz Meat	Eggs & Salsa	Mega Veggies anytime Cheat	6 oz Meat
	Nuts Nut Butter Avocado Salad Parchment Fish	2T Pesto Cal: 170 Protein: 6 Fiber: 1 3 Eggs Cal: 240 Protein: 18g Fiber: 0	Kale Drink 2 cups Kale 1 cup blueberries 1 cup Kefir 1 cup Water 2T Flax Cal: 360/ 180 Protein: 15/ 7.5 Fiber: 14/ 7	Lettuce 8 oz 2T Flax Cal: 140 Protein: 7 Fiber: 12 2 Ezekiel Breads Cal: 160 Protein: 10 Fiber: 6	Parfait ½ c Greek Yogurt ½ c coconut milk or Milk 1 T Chia 1 T Tahini ½ c berries 3T Hemp Cal: 615 Protein: 29 Fiber: 7	Parfait w/o Hemp Cal: 435 Protein: 19 Fiber: 6 Parmesan Cheese ¼ cup Cal: 110 Protein: 10 Fiber: 0	Chicken 37g Cal: 335 Protein: 37g Fiber: 0 1 cup Black Beans Cal: 230 Protein: 15 Fiber: 15

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WO 3% Lettuce	Body 1.5 Hour+ Walk-Exercise	Body 1.5 Hour+ Walk-Exercise	Body * Massage, Eyebrows, stretch, etc.	Body 1.5 Hour+ Walk-Exercise	Body 1.5 Hour+ Walk-Exercise	Open	Body 1.5 Hour+ Walk-Exercise
SM + CH Maintenance	1.0 Hour	1.0 Hour	1.0 Hour	1.0 Hour	1.0 Hour	1.0 Hour	1.0 Hour
12:30 eat							
BR Learn	Learn 1.5 Hour+ .5	Class	Learn 1.5 Hour+ .5	Learn 1.5 Hour+ .5	Learn 1.5 Hour+ .5		Learn 1.5 Hour+ .5
6:00 eat							
CH + ME Experiences 35 Children PM	...	...	...	...	...		...
1:00 Bed							
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