Activities to include in your list

Sleep (7hrs week & WE)
Routine (morn + night)
Meal (3x)
Travel (Work from home)
Exercise Daily
Cleaning
Work

Planning meals, shop, etc
~~Paperwork~~ in cleaning
~~Meeting~~ Not necess
Email
Calls
~~Family~~ Single
Relax

Plus
Learn
Blog
Read News
Projects
Go out!

Activities by Time of Day

Early mornings are best for... Working, Learning, Planning, Email

Mornings are best for... Calls, Work, Learn

Lunchtimes are best for... Email, News, Relax

Afternoons are best for... Creative + interesting work, Blog,

Evenings are best for... Exercise, cleaning, Blog, Work

Late nights are best for... Relax, family, Sleep

Activities by Day of the Week

Mondays are best for... Work, Email, calls, Planning

Tuesdays are best for... Work, Clean

Wednesdays are best for... Work

Thursdays are best for... Work, Clean

Fridays are best for... Work, Relax, email, calls

Saturdays are best for... Clean, planning, Relax

Sundays are best for... Relax, Family, clean, blog, plan