

|                                          | Monday                             | Tuesday                                                | Wednesday                                     | Thursday                           | Friday                             | Saturday | Sunday                             |
|------------------------------------------|------------------------------------|--------------------------------------------------------|-----------------------------------------------|------------------------------------|------------------------------------|----------|------------------------------------|
|                                          |                                    |                                                        |                                               |                                    |                                    |          |                                    |
| 9:00 eat                                 |                                    |                                                        |                                               |                                    |                                    |          |                                    |
| WO<br>3%<br>Lettuce                      | Body<br>1.5 Hour+<br>Walk-Exercise | Body<br>1.5 Hour+<br>Walk-Exercise                     | Body<br>* Massage, Eyebrows,<br>stretch, etc. | Body<br>1.5 Hour+<br>Walk-Exercise | Body<br>1.5 Hour+<br>Walk-Exercise | Open     | Body<br>1.5 Hour+<br>Walk-Exercise |
| 12:30 eat                                |                                    |                                                        |                                               |                                    |                                    |          |                                    |
| SM + CH<br>Maintenance                   | 1.0 Hour                           | Class<br>12:45-2:30                                    | 1.0 Hour                                      | 1.0 Hour                           | 1.0 Hour                           | 1.0 Hour | 1.0 Hour                           |
|                                          |                                    |                                                        |                                               |                                    |                                    |          |                                    |
|                                          |                                    |                                                        |                                               |                                    |                                    |          |                                    |
| 6:00 eat                                 |                                    |                                                        |                                               |                                    |                                    |          |                                    |
| BR<br>Learn                              | Learn<br>1.5 Hour+ .5              | Class<br><del>7:00-9:00</del><br>Learn<br>1.5 Hour+ .5 | Learn<br>1.5 Hour+ .5                         | Class<br>7:00-9:00                 | Learn<br>1.5 Hour+ .5              |          | Learn<br>1.5 Hour+ .5              |
|                                          |                                    |                                                        |                                               |                                    |                                    |          |                                    |
| CH + ME<br>Experiences 35<br>Children PM |                                    |                                                        |                                               |                                    |                                    |          |                                    |
| 1:00 Bed                                 |                                    |                                                        |                                               |                                    |                                    |          |                                    |
| Tuesday, October 13, 2026 11:16 PM       |                                    |                                                        |                                               |                                    |                                    |          |                                    |

|                                            |                                                                    |
|--------------------------------------------|--------------------------------------------------------------------|
| <b>Classes (full)</b>                      |                                                                    |
| 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                                   |                                                                    |

|                              |                         |
|------------------------------|-------------------------|
| <b>Finance (30 min)</b>      |                         |
| 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<br><br>Vitamins<br><br>8 oz (raw)<br>Lettuce/Veggie<br><br>Pesto and Tofu | 2T Flax<br><br>Vitamins<br><br>8 oz (raw)<br>Lettuce/Veggie<br><br>Protein Drink                             | 2T Flax<br><br>Vitamins<br><br>8 oz (raw)<br>Lettuce/Veggie<br><br>Pesto and Tofu                                                                                        | 2T Flax<br><br>Vitamins<br><br>8 oz (raw)<br>Lettuce/Veggie<br><br>Protein Drink                                                  | 2T Flax<br><br>Vitamins<br><br>8 oz (raw)<br>Lettuce/Veggie<br><br>Pesto and Tofu                                                                        | 2T Flax<br><br>Vitamins<br><br>8 oz (raw)<br>Lettuce/Veggie<br><br>Open                                                           | 2T Flax<br><br>Vitamins<br><br>8 oz (raw)<br>Lettuce/Veggie<br><br>Protein Drink                                         |
| 3 | Eggs & Salsa                                                                      | 6 oz Meat                                                                                                    | Eggs & Salsa                                                                                                                                                             | 6 oz Meat                                                                                                                         | Eggs & Salsa                                                                                                                                             | Mega Veggies<br>anytime<br><br>Cheat                                                                                              | 6 oz Meat                                                                                                                |
|   | Nuts<br><br>Nut Butter<br><br>Avocado<br><br>Salad<br><br>Parchment Fish          | 2T Pesto<br><br>Cal: 170<br>Protein: 6<br>Fiber: 1<br><br>3 Eggs<br><br>Cal: 240<br>Protein: 18g<br>Fiber: 0 | Kale Drink<br><br>2 cups Kale<br>1 cup<br>blueberries<br>1 cup Kefir<br>1 cup Water<br>2T Flax<br>Cal: 360/ <b>180</b><br>Protein: 15/ <b>7.5</b><br>Fiber: 14/ <b>7</b> | Lettuce 8 oz<br>2T Flax<br><br>Cal: 140<br>Protein: 7<br>Fiber: 12<br><br>2 Ezekiel Breads<br>Cal: 160<br>Protein: 10<br>Fiber: 6 | Parfait<br>½ c Greek<br>Yogurt<br>½ c coconut<br>milk or Milk<br>1 T Chia<br>1 T Tahini<br>½ c berries<br>3T Hemp<br>Cal: 615<br>Protein: 29<br>Fiber: 7 | Parfait w/o<br>Hemp<br>Cal: 435<br>Protein: 19<br>Fiber: 6<br><br>Parmesan<br>Cheese ¼ cup<br>Cal: 110<br>Protein: 10<br>Fiber: 0 | Chicken 37g<br>Cal: 335<br>Protein: 37g<br>Fiber: 0<br><br>1 cup Black Beans<br><br>Cal: 230<br>Protein: 15<br>Fiber: 15 |

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| SM + CH<br>Maintenance                   | 1.0 Hour                           | 1.0 Hour                           | 1.0 Hour                                      | 1.0 Hour                           | 1.0 Hour                           | 1.0 Hour | 1.0 Hour                           |
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| BR<br>Learn                              | Learn<br>1.5 Hour+ .5              | Class                              | Learn<br>1.5 Hour+ .5                         | Learn<br>1.5 Hour+ .5              | Learn<br>1.5 Hour+ .5              |          | Learn<br>1.5 Hour+ .5              |
| 6:00 eat                                 |                                    |                                    |                                               |                                    |                                    |          |                                    |
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| 1:00 Bed                                 |                                    |                                    |                                               |                                    |                                    |          |                                    |
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