

Week ending Friday May 9 2008

P E R S I S T

Month/Year	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM 5.30-8.30	Weights Plan	Run Kids to school Chiro / Massage	Weights	Stretch Connection Group -- KB	Run R3		
Morning 8.30-12	Management Meeting Email Read & Reply	Major Project/Task 2 Email Read & Reply	Team Meeting	Major Project/Task 3 Email Read & Reply	Weekly reports and Admin Email Read & Reply	Kids Sport/Church	
Lunch Block 12-1.00	P Dev e.g. Mastery TV, Interviews, reading etc .. Lunch	Interruption Time Lunch	Team 1 on 1 meetings Lunch	Lunch	Lunch		
Afternoon 1.00-5.30	Major Project/Task 1 Email Read & Reply Interruption Time	Key Accounts Email Read & Reply	Key Accounts Email Read & Reply Interruption Time	Key Accounts Interruption Time Email Read & Reply	Scoreboard Interruption Time Email Read & Reply	Friends & Family	
Evening 5.30-7.30	Travel home Family Dinner	Travel home Family Dinner	Travel home	Travel home Family Dinner	Drinks/Dinner/Socialise	Friends & Family	
7.30-9.30			Basketball				
Late							

Week ending Friday ____, 2008

P E R S I S T

<u>Feb 2004</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
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