

Monday

SITES → Gym → Work → SITES (TSYS) → Sleep




















23:00 — 05:00
6h sleep / 18h up

GYM
05:25–06:45

DAY JOB
07:00–16:00

TSYS
16:30–22:00

SLEEP
23:00 → 05:00

TIME	ACTIVITY	NOTES
05:00	 Get dressed	Start the day
05:05	 Pack yogurt + Clean Eatz meal	Breakfast + lunch for work
05:10	 Leave SITES — head to gym	
05:25	 Start gym workout — audio media (05:25–06:10 + shower)	
06:10	 Finish workout — get in shower	
06:45	 Leave gym — hygiene done (start audio media)	
06:55	 HEB stop (if needed) — oat milk, carrots, hummus	
07:00	 Arrive at work — first coffee + fill water + yogurt	Start Spotify Discover Weekly
—	 Morning work block	07:30 – 11:00
11:00	 Warm up Clean Eatz + refill water + eat lunch	Solo, cafeteria
—	 Afternoon work block	12:00 – 16:00
12:00	 Second coffee + refill water	
16:00	 Fill water bottle (filtered water to go)	
16:00	 Commute to SITES (audio media)	~15 min
—	 TSYS deep focus block	16:00 – 23:00 · Side business · Usual playlists
17:00	 Eat dinner — Clean Eatz meal	
22:00	 1 hour until bedtime — wrap up TSYS	Lock laptop, walk to RV at 22:55
22:55	 5 minutes — change into PJs	
23:00	 Go to sleep	Wake 05:00 Tue

Tuesday

SITES → Gym → Work → Team Lunch → TSYS at SITES → Sleep




















23:00 — 05:00
6h sleep / 18h up

GYM
05:25–06:45

DAY JOB
07:00–16:00

TSYS
16:30–22:00

SLEEP
23:00 → 05:00

TIME	ACTIVITY	NOTES
05:00	 Get dressed	Start the day
05:05	 Pack yogurt for work	Breakfast only (team lunch today)
05:10	 Leave SITES — head to gym	
05:25	 Start gym workout — audio media (05:25–06:10 + shower)	
06:10	 Finish workout — get in shower	
06:45	 Leave gym — hygiene done (start audio media)	
06:55	 HEB stop (if needed) — oat milk, carrots, hummus	
07:00	 Arrive at work — first coffee + fill water + yogurt	Put on usual playlists
—	 Morning work block	07:30 – 11:00
11:00	 Refill water + leave for team lunch	With coworkers
—	 Afternoon work block	12:00 – 16:00
12:00	 Second coffee + refill water	
16:00	 Fill water bottle (filtered water to go)	
16:00	 Commute to SITES (audio media)	~15 min
—	 TSYS deep focus block	16:00 – 23:00 · Side business · Usual playlists
17:00	 Eat dinner — Clean Eatz meal	
22:00	 1 hour until bedtime — wrap up TSYS	Lock laptop, walk to RV at 22:55
22:55	 5 minutes — change into PJs	
23:00	 Go to sleep	Wake 05:00 Wed

Wednesday

SITES → Gym → Work → Team Lunch → TSYS at SITES → Sleep




















23:00 — 05:00
6h sleep / 18h up

GYM
05:25–06:45

DAY JOB
07:00–16:00

TSYS
16:30–22:00

SLEEP
23:00 → 05:00

TIME	ACTIVITY	NOTES
05:00	 Get dressed	Start the day
05:05	 Pack yogurt for work	Breakfast only (team lunch today)
05:10	 Leave SITES — head to gym	
05:25	 Start gym workout — audio media (05:25–06:10 + shower)	
06:10	 Finish workout — get in shower	
06:45	 Leave gym — hygiene done (start audio media)	
06:55	 HEB stop (if needed) — oat milk, carrots, hummus	
07:00	 Arrive at work — first coffee + fill water + yogurt	Put on usual playlists
—	 Morning work block	07:30 – 11:00
11:00	 Refill water + leave for team lunch	With coworkers
—	 Afternoon work block	12:00 – 16:00
12:00	 Second coffee + refill water	
16:00	 Fill water bottle (filtered water to go)	
16:00	 Commute to SITES (audio media)	~15 min
—	 TSYS deep focus block	16:00 – 23:00 · Side business · Usual playlists
17:00	 Eat dinner — Clean Eatz meal	
22:00	 1 hour until bedtime — wrap up TSYS	Lock laptop, walk to RV at 22:55
22:55	 5 minutes — change into PJs	
23:00	 Go to sleep	Wake 05:00 Thu

Thursday

SITES → Gym → Work → TSYS at SITES → Grocery/Laundry → Sleep





















23:00 — 05:00
6h sleep / 18h up

GYM
05:25–06:45

DAY JOB
07:00–16:00

TSYS
16:30–22:00

SLEEP
23:00 → 05:00

TIME	ACTIVITY	NOTES
05:00	 Get dressed	Start the day
05:05	 Pack yogurt + Clean Eatz meal	Breakfast + lunch for work
05:10	 Leave SITES — head to gym	
05:25	 Start gym workout — audio media (05:25–06:10 + shower)	
06:10	 Finish workout — get in shower	
06:45	 Leave gym — hygiene done (start audio media)	
06:55	 HEB stop (if needed) — oat milk, carrots, hummus	
07:00	 Arrive at work — first coffee + fill water + yogurt	Put on usual playlists
—	 Morning work block	07:30 – 11:00
11:00	 Warm up Clean Eatz + refill water + eat lunch	Solo, cafeteria
—	 Afternoon work block	12:00 – 16:00
12:00	 Second coffee + refill water	
16:00	 Fill water bottle (filtered water to go)	
16:00	 Commute to SITES (audio media)	~15 min
—	 TSYS deep focus block	16:00 – 23:00 · Side business · Usual playlists
17:00	 Eat dinner — Clean Eatz meal	
17:00	 Grocery shopping and laundry	Admin night
22:00	 1 hour until bedtime — wrap up TSYS	Lock laptop, walk to RV at 22:55
22:55	 5 minutes — change into PJs	
23:00	 Go to sleep	Wake 05:00 Fri

Friday — Transition Day

SITES → Gym → Work → TSYS at Starbucks → Drive to SITEY

~22:00 — 05:00
10+ h sleep / ~17h up

GYM
05:25–06:45

DAY JOB
07:00–16:00

TSYS
16:00–20:00

DRIVE
~1.5–2h

TIME	ACTIVITY	NOTES
05:00	 Get dressed	Start the day
05:05	 Pack yogurt + Clean Eatz meal	Breakfast + lunch for work
05:10	 Leave SITES — head to gym	
05:25	 Start gym workout — audio media (05:25–06:10 + shower)	
06:10	 Finish workout — get in shower	
06:45	 Leave gym — hygiene done (start audio media)	
06:55	 HEB stop (if needed) — oat milk, carrots, hummus	
07:00	 Arrive at work — first coffee + fill water + yogurt	Start Spotify Release Radar
—	 Morning work block	07:30 – 11:00
11:00	 Warm up Clean Eatz + refill water + eat lunch	Solo, cafeteria
—	 Afternoon work block	12:00 – 16:00
12:00	 Second coffee + refill water	
15:30	 Eat dinner at cafeteria	Before Starbucks
16:00	 Fill water bottle (filtered water to go)	
16:00	 Starbucks TSYS deep focus — usual playlists	4 hour block
19:45	 15 min until TSYS ends — start wrapping up	
20:00	 Leave for SITEY — audio media	~1.5–2h drive, no traffic
~21:30	 Arrive at SITEY	
21:45	 Set phone and watch to vibrate	Remy sleeps in tomorrow
~22:00	 Sleep	Wake 08:05 Sat (10h sleep-in!)

Saturday


















SITEY → Bagel Bear → Remy 1:1 → Free Time → Dinner with Remy

08:05 — 22:00
14h up / 10h sleep

REMY 1:1
10:00–11:30

PHONE TIME
12:30–13:30

SLEEP
22:00 → 08:05

TIME	ACTIVITY	NOTES
08:05	 Fill water (1st)	
08:20	 Leave for Bagel Bear (coffee + bagels)	Get there before 09:00
10:00	 1:1 time with Remy begins	1.5 hours dedicated
11:30	 1:1 time with Remy ends	
11:35	 Refill water (2nd)	
12:00	 Lunch with Remy — Clean Eatz meal	
12:05	 Take phone and watch off vibrate	
12:30	 Weekend phone time starts	Email + RSS
13:30	 Weekend phone time ends	1 hour limit
13:31	 Second coffee	
13:35	 Order Clean Eatz meals for next week	Website order
14:30	 Refill water (3rd)	
—	 Free time with Remy	14:30 – 18:30
18:30	 Refill water (4th)	
19:00	 Dinner with Remy — Clean Eatz meal	Partner time
21:45	 Set phone and watch to vibrate	Remy sleeps in tomorrow
22:00	 In bed — prepare for sleep	Wake 08:05 Sun

Sunday — Departure Day

SITEY → Bagel Bear → Remy 1:1 → Clean Eatz Pickup → Drive to SITES

08:05 — 22:00
14h up / 7h sleep

REMY 1:1
10:00–11:30

CLEAN EATZ
14:00 pickup

DRIVE
19:00 → ~21:30

TIME	ACTIVITY	NOTES
08:05	 Fill water (1st)	
08:20	 Leave for Bagel Bear (coffee + bagels)	Get there before 09:00
10:00	 1:1 time with Remy begins	1.5 hours dedicated
11:30	 1:1 time with Remy ends	
11:35	 Refill water (2nd)	
12:00	 Lunch with Remy — Clean Eatz meal	
12:05	 Take phone and watch off vibrate	
12:30	 Weekend phone time starts	Email + RSS
13:30	 Weekend phone time ends	
13:31	 Second coffee	
14:00	 Leave for Clean Eatz pickup	Round Rock, 30 min drive, closes 15:00
15:00	 Refill water (3rd)	
—	 Free time with Remy	~15:10 – 17:00
17:00	 Dinner — Clean Eatz meal	Before departure
17:30	 Refill water (4th)	
18:00	 60 min until departure — start packing up	Ramp down
18:30	 30 min until departure — finish packing	
18:45	 15 min until departure — head to car	
19:00	 Leave SITEY — drive to San Antonio	~2.5h drive
21:30	 Audio media during drive	
22:00	 In bed — prepare for sleep	Wake 05:00 Mon

