

Practical example

Weekly plan: Week from January 7, 2019 to January 13, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00 a.m.	Relaxation exercise				Relaxation exercise		
7.00 a.m.				Walk to work			
8.00 a.m.							
9.00 a.m.	Apple break 😊			Meeting		Breakfast with friends	Nap 😊
10.00 a.m.		Team café					Brunch
11.00 a.m.		😊					
12.00 noon	Midday break 😊	Swimming	Midday break	Midday break	Midday break 😊		
1.00 p.m.	Walk				Walk		Break in the sun
2.00 p.m.				😊			
3.00 p.m.				Team café			
4.00 p.m.						😊	
5.00 p.m.							
6.00 p.m.			😊	Me-time		Family evening	
7.00 p.m.	Jogging	Zumba	Dinner with partner		Fondue chat		Me-time