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Disclaimer: This is document should not be considered a tool for financial or operational advice. This excel document should be used a template only, any calculations should be audited by an external source. You should seek appropriate counsel for your own situations.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|-------------------|-------------------|-------------------|----------------|-------------------|
| 6:00 AM | AM personal | AM personal | AM personal | | AM personal |
| 6:30 AM | | | | | |
| 7:00 AM | Travel | BNI Meeting | Travel | Box 2 Time | |
| 7:30 AM | Prepare for work | | Prepare for work | | Prepare for work |
| 7:45 AM | Meeting with CA | | Meeting with CA | | Meeting with CA |
| 8:00 AM | Patient Treatment | | Patient Treatment | Personal time | Travel |
| 8:30 AM | | Travel | | | Patient treatment |
| 9:00 AM | | Box 2 time | | | |
| 9:30 AM | | | | | |
| 10:00 AM | | Marketing Time | | Marketing | |
| 10:30 AM | | | | | |
| 11:00 AM | | | | | |
| 11:30 AM | | | | | |
| 12:00 PM | | Lunch | | | |
| 12:30 PM | | Marketing Time | | | |
| 1:00 PM | Lunch/Paperwork | | Lunch/Paperwork | | Lunch/Paperwork |
| 1:15 PM | marketing | | | | |
| 1:30 PM | | | | | |
| 2:00 PM | | Call with Roy | | | |
| 2:30 PM | | Meeting with CA | | | |
| 3:00 PM | Patient Treatment | Patient Treatment | Patient Treatment | Household Time | Patient Treatment |
| 3:30 PM | | | | | |
| 4:00 PM | | | | | |
| 4:30 PM | | | | | |
| 5:00 PM | | | | | |
| 5:30 PM | | | | | |
| 6:00 PM | Travel/Bank | | Travel/Bank | | Travel/Bank |
| 6:30 PM | Dinner | | Dinner | Dinner | Dinner |
| 7:00 PM | | Dinner | | | |
| 7:30 PM | Exercise | | | Exercise | |
| 8:00 PM | | Exercise | | | |
| 8:30 PM | | | | | |
| 9:00 PM | | | | | |
| 9:30 PM | | | | | |
| 10:00 PM | | | | | |
| 10:30 PM | Sleep | Sleep | Sleep | Sleep | Sleep |