



Sample Schedule Recommendations

Working Professional with Car/Walk/Bicycle Commute

6:00 - 7:00 AM	Wake up, coffee, get ready
7:00 - 8:00 AM	Travel to work
12:00 - 12:30 PM	Lunch: Check Slack, review new postings/articles
5:00 - 6:00 PM	Travel Home
6:00 - 7:00 PM	Workout, dinner with family/friends
7:00 - 8:00 PM	Spend time with family/friends
8:00 - 9:00 PM	Log into platform and work through lessons
9:00 - 10:00 PM	Meditate, wrap up the day, go to bed

Working Professional with Public Transportation Commute

5:00 - 6:00 AM	Wake up, coffee, get ready
6:00 - 8:00 AM	Travel to work via public transit: Check Slack, review new postings/articles
12:00 - 1:00 PM	Lunch: Log into platform and work through lessons
7:00 - 8:00 PM	Travel Home via public transit: Log into platform and work through a few more lessons + reading materials
8:00 - 9:00 PM	Dinner with family/friends
9:00 - 10:00 PM	Meditate, wrap up the day, go to bed

Working Professional who Works from Home

5:00 - 6:00 AM	Wake up, workout, get ready
6:00 - 7:00 AM	Log into platform and work through lessons
7:00 - 8:00 AM	Coffee, walk the dog, and start work for the day
12:00 - 12:30 PM	Lunch break: Check-in with Slack, review postings/articles, and post a question
5:00 - 6:00 PM	Wrap up work, take care of house chores
6:00 - 7:00 PM	Spend time with family/friends
7:00 - 8:00 PM	Dinner with family/friends
9:00 - 10:00 PM	Meditate, wrap up the day, go to bed

Working Professional with Children

5:00 - 6:00 AM	Wake up, coffee, get ready
6:00 - 7:00 AM	Get children ready for daycare/school, breakfast
7:00 - 8:00 AM	Kids to school, travel to work, more coffee
12:00 - 1:00 PM	Lunch break: Log into platform and work through lessons
5:00 - 6:00 PM	Travel home, pick up children, dinner prep
6:00 - 7:00 PM	Dinner, homework with children, prep for tomorrow
7:00 - 8:00 PM	Bedtime for children, take care of house chores
8:00 - 9:00 PM	Check-in with Slack, review postings and participate in conversations with peers
9:00 - 10:00 PM	Yoga, wrap up the day, go to bed