

25Mar24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 - 06:00		Active things - Ride your bike		Routine - Ice Hockey			
06:00 - 07:00		Active things - Ride your bike	Alone - Meditate	Routine - Ice Hockey	Routine - Ice Hockey	Routine - Ice Hockey	Alone - Meditate
07:00 - 08:00		Active things - Ride your bike		Routine - Ice Hockey	Routine - Ice Hockey	Routine - Ice Hockey	
08:00 - 09:00		Active things - Ride your bike		Routine - Ice Hockey	Routine - Ice Hockey	Routine - Ice Hockey	
09:00 - 10:00		Active things - Ride your bike			Routine - Ice Hockey	Routine - Ice Hockey	
10:00 - 11:00	Routine - Doctor			Routine - Donna	Routine - Ice Hockey	Routine - Ice Hockey	
11:00 - 12:00	Routine - Doctor		Around the house - Have a big 'spring-clean'	Routine - Donna	Routine - Ice Hockey	Routine - Ice Hockey	
12:00 - 13:00	Routine - Doctor	Routine - Eat Lunch	Around the house - Have a big 'spring-clean'	Routine - Donna	Routine - Ice Hockey	Routine - Ice Hockey	Routine - Eat Lunch
13:00 - 14:00	Routine - Doctor		Around the house - Have a big 'spring-clean'	Routine - Donna	Routine - Ice Hockey	Routine - Ice Hockey	
14:00 - 15:00			Around the house - Have a big 'spring-clean'		Routine - Ice Hockey	Routine - Ice Hockey	

25Mar24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 16:00			Around the house - Have a big 'spring- clean'		Routine - Ice Hockey	Routine - Ice Hockey	
16:00 - 17:00					Routine - Ice Hockey	Routine - Ice Hockey	
17:00 - 18:00					Routine - Ice Hockey	Routine - Ice Hockey	
18:00 - 19:00		Social activities - Prepare a special meal for friends or family		Routine - North Shore Run Club	Routine - Ice Hockey	Routine - Ice Hockey	
19:00 - 20:00	Routine - Dinner	Social activities - Prepare a special meal for friends or family	Routine - Dinner	Routine - Dinner	Routine - Ice Hockey	Routine - Ice Hockey	Routine - Dinner
20:00 - 21:00			Alone - Write in your diary	Alone - Write in your diary			
21:00 - 22:00	Alone - Write in your diary	Alone - Write in your diary					Alone - Write in your diary
22:00 - 23:00							

8Apr24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 - 06:00				Routine - Ice Hockey			
06:00 - 07:00	Around the house - Play with your pets	Active things - Ride your bike	Around the house - Play with your pets	Routine - Ice Hockey	Around the house - Play with your pets		
07:00 - 08:00	Alone - Read the newspaper	Active things - Ride your bike	Alone - Read the newspaper	Routine - Ice Hockey	Alone - Read the newspaper	Routine - Park run	Social activities - Take Hannah for a drive
08:00 - 09:00	Alone - Read the newspaper	Active things - Ride your bike	Alone - Read the newspaper	Routine - Ice Hockey	Alone - Read the newspaper	Routine - Park run	Social activities - Take Hannah for a drive
09:00 - 10:00		Active things - Ride your bike	Alone - Read a good novel	Alone - Run through your todo items	Routine - Take the car to get fixed		Routine - Ice Hockey
10:00 - 11:00	Alone - Study GTD		Around the house - Paint walls, doors, shelves	Routine - Email work, job, friends	Routine - Take the car to get fixed		Routine - Ice Hockey
11:00 - 12:00	Alone - Study GTD		Around the house - Paint walls, doors, shelves	Around the house - Paint walls, doors, shelves	Around the house - Paint walls, doors, shelves		Social activities - Take Hannah for a drive
12:00 - 13:00	Alone - Study GTD	Routine - Eat Lunch	Around the house - Watch television	Around the house - Paint walls, doors, shelves	Around the house - Paint walls, doors, shelves	Routine - Eat Lunch	Social activities - Take Hannah for a drive
13:00 - 14:00	Alone - Study GTD	Around the house - Paint walls, doors, shelves	Alone - YouTube, Insta, FB	Around the house - Paint walls, doors, shelves	Around the house - Paint walls, doors, shelves		
14:00 - 15:00	Alone - Study GTD	Around the house - Paint walls, doors, shelves	Around the house - Paint walls, doors, shelves	Around the house - Paint walls, doors, shelves	Around the house - Paint walls, doors, shelves		

8Apr24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 16:00	Alone - Study GTD	Around the house - Paint walls, doors, shelves	Around the house - Paint walls, doors, shelves	Around the house - Paint walls, doors, shelves	Around the house - Do some gardening		
16:00 - 17:00	Alone - Study GTD	Around the house - Paint walls, doors, shelves	Around the house - Paint walls, doors, shelves	Around the house - Paint walls, doors, shelves	Around the house - Do some gardening		
17:00 - 18:00		Around the house - Paint walls, doors, shelves	Around the house - Do some handiwork around the house	Around the house - Paint walls, doors, shelves			
18:00 - 19:00			Social activities - Take Hannah for a drive	Routine - North Shore Run Club	Routine - Ice Hockey		Routine - Dinner
19:00 - 20:00	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Ice Hockey	Routine - Dinner	Routine - Dinner
20:00 - 21:00				Around the house - Paint walls, doors, shelves	Routine - Ice Hockey		
21:00 - 22:00	Social activities - Phone Mum and Dad	Alone - Write in your diary	Alone - Write in your diary	Social activities - Take Hannah for a drive	Alone - Write in your diary	Alone - Write in your diary	Alone - Write in your diary
22:00 - 23:00			Alone - Plan your week	Alone - Run through your todo items			

15Apr24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 - 06:00							
06:00 - 07:00	Around the house - Play with your pets	Active things - Ride your bike	Around the house - Play with your pets		Around the house - Play with your pets		
07:00 - 08:00	Alone - Read the newspaper	Active things - Ride your bike	Alone - Read the newspaper	Alone - Read the newspaper	Alone - Read the newspaper	Routine - Park run	
08:00 - 09:00	Alone - Read the newspaper	Active things - Ride your bike		Alone - Run through your todo items		Routine - Park run	
09:00 - 10:00		Active things - Ride your bike					
10:00 - 11:00		Social activities - Phone a friend					
11:00 - 12:00			Around the house - Paint walls, doors, shelves				
12:00 - 13:00						Routine - Eat Lunch	
13:00 - 14:00							
14:00 - 15:00	Around the house - Do some gardening						

15Apr24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 16:00							
16:00 - 17:00							
17:00 - 18:00			Around the house - Make a cake				
18:00 - 19:00	Social activities - Phone a friend		Social activities - Prepare a special meal for friends or family	Routine - North Shore Run Club			Routine - Dinner
19:00 - 20:00	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner		Routine - Dinner	Routine - Dinner
20:00 - 21:00	Around the house - Watch television						
21:00 - 22:00	Alone - YouTube, Insta, FB	Alone - Write in your diary	Alone - Write in your diary	Social activities - Take Hannah for a drive	Alone - Write in your diary	Alone - Write in your diary	Alone - Write in your diary
22:00 - 23:00	Alone - Run through your todo items		Alone - Plan your week	Alone - Run through your todo items			

22Apr24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 - 06:00			Active things - Ride your bike				
06:00 - 07:00		Active things - Ride your bike	Active things - Ride your bike				Routine - Ice Hockey
07:00 - 08:00		Active things - Ride your bike	Active things - Ride your bike		Routine - Budget Planning	Routine - Park run	Routine - Ice Hockey
08:00 - 09:00		Active things - Ride your bike	Active things - Ride your bike		Routine - Budget Planning	Routine - Park run	Routine - Ice Hockey
09:00 - 10:00		Routine - Go to Canadian Embassy	Routine - Budget Planning		Around the house - Do some handiwork around the house	Routine - Budget Planning	Routine - Ice Hockey
10:00 - 11:00		Routine - Go to Canadian Embassy	Routine - Budget Planning	Routine - Budget Planning	Around the house - Do some handiwork around the house	Routine - Budget Planning	Routine - Ice Hockey
11:00 - 12:00		Routine - Go to Canadian Embassy	Routine - Budget Planning	Routine - Budget Planning	Around the house - Do some handiwork around the house	Routine - Budget Planning	Routine - Ice Hockey
12:00 - 13:00		Routine - Take things to the dump to recycle or dispose	Routine - Budget Planning	Routine - Budget Planning	Around the house - Do some handiwork around the house	Routine - Eat Lunch	
13:00 - 14:00		Routine - Take things to the dump to recycle or dispose	Routine - Budget Planning	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some gardening	
14:00 - 15:00		Around the house - Do some gardening	Routine - Budget Planning	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some gardening	

22Apr24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 16:00	Alone - Plan your week	Around the house - Do some gardening	Routine - Budget Planning	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some gardening	
16:00 - 17:00	Around the house - Have a big 'spring-clean'	Around the house - Do some gardening	Routine - Budget Planning	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Routine - Ice Hockey	
17:00 - 18:00	Routine - Take things to storage		Routine - Budget Planning	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Routine - Ice Hockey	
18:00 - 19:00	Active things - Do some boxing	Active things - Go for a bushwalk	Alone - Meditate	Routine - North Shore Run Club	Alone - Do a jigsaw puzzle	Routine - Ice Hockey	Routine - Dinner
19:00 - 20:00	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner
20:00 - 21:00	Alone - Run through your todo items		Routine - Budget Planning	Routine - Budget Planning	Social activities - Take Hannah for a drive		Routine - Take the car to get fixed
21:00 - 22:00	Alone - Write in your diary	Alone - Write in your diary	Alone - Write in your diary	Routine - Work through things in storage	Alone - Write in your diary	Alone - Write in your diary	Alone - Write in your diary
22:00 - 23:00	Alone - Read a good novel		Routine - Budget Planning	Routine - Budget Planning			

29Apr24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 - 06:00				Routine - Ice Hockey			
06:00 - 07:00		Active things - Ride your bike	Alone - Meditate	Routine - Ice Hockey			Routine - Ice Hockey
07:00 - 08:00		Active things - Ride your bike		Routine - Ice Hockey	Routine - Budget Planning	Routine - Park run	Routine - Ice Hockey
08:00 - 09:00		Active things - Ride your bike		Routine - Ice Hockey	Routine - Budget Planning	Routine - Park run	Routine - Ice Hockey
09:00 - 10:00		Routine - Budget Planning		Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house		Routine - Ice Hockey
10:00 - 11:00		Routine - Budget Planning	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house		Routine - Ice Hockey
11:00 - 12:00		Routine - Budget Planning	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house		Routine - Ice Hockey
12:00 - 13:00		Routine - Budget Planning	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Routine - Eat Lunch	
13:00 - 14:00		Routine - Budget Planning	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some gardening	
14:00 - 15:00		Routine - Budget Planning	Active things - Arrange a game of tennis or squash	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some gardening	

29Apr24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 16:00	Around the house - Paint walls, doors, shelves	Routine - Budget Planning	Active things - Arrange a game of tennis or squash	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some gardening	
16:00 - 17:00	Around the house - Paint walls, doors, shelves	Routine - Budget Planning	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house		
17:00 - 18:00	Around the house - Paint walls, doors, shelves	Routine - Budget Planning	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house		
18:00 - 19:00	Routine - Budget Planning	Routine - Budget Planning	Around the house - Do some handiwork around the house	Routine - North Shore Run Club	Alone - Do a jigsaw puzzle		Routine - Dinner
19:00 - 20:00	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner
20:00 - 21:00	Routine - Budget Planning	Alone - Plan your week	Alone - Read a good novel		Social activities - Take Hannah for a drive		
21:00 - 22:00	Alone - Write in your diary	Alone - Write in your diary	Alone - Write in your diary	Routine - Work through things in storage	Alone - Write in your diary	Alone - Write in your diary	Alone - Write in your diary
22:00 - 23:00			Routine - Budget Planning	Routine - Budget Planning			

20May24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 - 06:00				Routine - Ice Hockey		Routine - Travel	Routine - Travel
06:00 - 07:00			Alone - Meditate	Routine - Ice Hockey		Routine - Travel	Routine - Travel
07:00 - 08:00				Routine - Ice Hockey		Routine - Travel	Routine - Travel
08:00 - 09:00				Routine - Ice Hockey		Routine - Travel	Routine - Travel
09:00 - 10:00						Routine - Travel	Routine - Travel
10:00 - 11:00		Routine - Email work, job, friends	Routine - Prepare for House Viewing			Routine - Travel	Routine - Travel
11:00 - 12:00		Routine - Email work, job, friends	Routine - Prepare for House Viewing	Routine - Doctor		Routine - Travel	Routine - Travel
12:00 - 13:00		Routine - Email work, job, friends	Routine - Prepare for House Viewing			Routine - Travel	Routine - Travel
13:00 - 14:00		Routine - Email work, job, friends	Routine - Prepare for House Viewing			Routine - Travel	Routine - Travel
14:00 - 15:00						Routine - Travel	Routine - Travel

20May24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 16:00					Routine - Prepare to travel	Routine - Travel	Routine - Travel
16:00 - 17:00					Routine - Prepare to travel	Routine - Travel	Routine - Travel
17:00 - 18:00		Routine - Email work, job, friends			Routine - Prepare to travel	Routine - Travel	Routine - Travel
18:00 - 19:00		Routine - Email work, job, friends		Routine - North Shore Run Club	Routine - Prepare to travel	Routine - Travel	Routine - Travel
19:00 - 20:00	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Travel	Routine - Travel
20:00 - 21:00						Routine - Travel	Routine - Travel
21:00 - 22:00	Alone - Write in your diary	Alone - Write in your diary	Alone - Write in your diary	Routine - Work through things in storage	Alone - Write in your diary	Routine - Travel	Routine - Travel
22:00 - 23:00							

17Jun24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 - 06:00				Routine - Ice Hockey			
06:00 - 07:00			Alone - Meditate	Routine - Ice Hockey			
07:00 - 08:00				Routine - Ice Hockey			
08:00 - 09:00	Routine - Take the car to get fixed			Routine - Ice Hockey			Routine - Ice Hockey
09:00 - 10:00	Routine - Take the car to get fixed	Social activities - Phone a friend					Routine - Ice Hockey
10:00 - 11:00	Routine - Doctor		Routine - Prepare for House Viewing	Routine - Doctor		Routine - Prepare for House Viewing	Routine - Ice Hockey
11:00 - 12:00			Routine - Prepare for House Viewing			Routine - Prepare for House Viewing	
12:00 - 13:00			Routine - Prepare for House Viewing			Routine - Prepare for House Viewing	
13:00 - 14:00			Routine - Prepare for House Viewing			Routine - Prepare for House Viewing	
14:00 - 15:00						Routine - Prepare for House Viewing	

17Jun24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 16:00						Routine - Prepare for House Viewing	
16:00 - 17:00							
17:00 - 18:00					Social activities - Go to your favourite restaurant		
18:00 - 19:00	Routine - Take the car to get fixed			Routine - North Shore Run Club	Social activities - Go to your favourite restaurant		Around the house - Watch television
19:00 - 20:00	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Social activities - See a play, ballet or opera	Routine - Dinner	Around the house - Watch television
20:00 - 21:00	Alone - Read a good novel				Social activities - See a play, ballet or opera		Around the house - Watch television
21:00 - 22:00	Alone - Write in your diary	Alone - Write in your diary	Alone - Write in your diary	Routine - Work through things in storage	Social activities - See a play, ballet or opera	Social activities - Phone Mum and Dad	Around the house - Watch television
22:00 - 23:00					Social activities - See a play, ballet or opera		Alone - Plan your week

24Jun24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 - 06:00		Active things - Ride your bike		Routine - Ice Hockey			
06:00 - 07:00	Active things - Go jogging	Active things - Ride your bike	Alone - Meditate	Routine - Ice Hockey			
07:00 - 08:00	Active things - Go jogging	Active things - Ride your bike		Routine - Ice Hockey			
08:00 - 09:00	Active things - Do 10 minutes of gentle stretching exercises	Active things - Ride your bike	Social activities - Phone a friend	Routine - Ice Hockey			
09:00 - 10:00	Alone - Meditate	Active things - Ride your bike	Routine - Job Hunting	Routine - Donna	Routine - Job Hunting		
10:00 - 11:00	Alone - Run through your todo items	Routine - Doctor	Routine - Prepare for House Viewing	Routine - Donna	Routine - Job Hunting	Routine - Prepare for House Viewing	
11:00 - 12:00	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Routine - Prepare for House Viewing	Routine - Donna	Routine - Job Hunting	Routine - Prepare for House Viewing	
12:00 - 13:00	Around the house - Do some handiwork around the house	Around the house - Do some handiwork around the house	Routine - Prepare for House Viewing	Routine - Donna	Routine - Job Hunting	Routine - Prepare for House Viewing	
13:00 - 14:00	Routine - Job Hunting	Routine - Job Hunting	Routine - Prepare for House Viewing	Routine - Job Hunting	Routine - Email work, job, friends	Routine - Prepare for House Viewing	
14:00 - 15:00	Routine - Job Hunting	Routine - Job Hunting	Routine - Job Hunting	Routine - Job Hunting	Around the house - Make a cake	Routine - Prepare for House Viewing	

24Jun24

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 16:00	Routine - Job Hunting	Routine - Job Hunting	Routine - Job Hunting	Routine - Job Hunting		Routine - Prepare for House Viewing	
16:00 - 17:00	Routine - Job Hunting	Routine - Job Hunting	Routine - Email work, job, friends	Routine - Job Hunting			Alone - Plan your week
17:00 - 18:00	Routine - Email work, job, friends	Routine - Email work, job, friends	Routine - Job Hunting	Routine - Email work, job, friends			
18:00 - 19:00			Routine - Job Hunting	Routine - North Shore Run Club			
19:00 - 20:00	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner
20:00 - 21:00	Alone - Read a good novel						
21:00 - 22:00	Alone - Write in your diary	Alone - Write in your diary	Alone - Write in your diary	Routine - Work through things in storage	Alone - Write in your diary	Social activities - Phone Mum and Dad	
22:00 - 23:00							

1Jul24_2

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 - 06:00				Routine - Ice Hockey	Ride your bike		
06:00 - 07:00			1hr meditation	Routine - Ice Hockey	Ride your bike	Go for a jog	
07:00 - 08:00		Around the house - Do some handiwork around the house	20 min stretching, 30 min calisthenics/ Breakfast	Routine - Ice Hockey	Ride your bike	Go for a jog	
08:00 - 09:00		Around the house - Do some handiwork around the house	Newspapers/ Email	Routine - Ice Hockey	Ride your bike		
09:00 - 10:00	Breakfast/ Newspapers	10 min meditation, 20 min stretching, 30 min calisthenics		10 min meditation, 20 min stretching, 30 min calisthenics	Routine - Job Hunting		
10:00 - 11:00		Active things - Go jogging	Routine - Prepare for House Viewing	Routine - Job Hunting	Study Trading	Routine - Prepare for House Viewing	
11:00 - 12:00	10 min meditation, 20 min stretching, 30 min calisthenics	Routine - Job Hunting	Routine - Prepare for House Viewing	Study Trading	Routine - Job Hunting	Routine - Prepare for House Viewing	
12:00 - 13:00	Arrange Health Insurance for the family/ Book Doctor's Appt/ get a job	Study Trading	Routine - Prepare for House Viewing	Routine - Job Hunting	Study Trading	Routine - Prepare for House Viewing	
13:00 - 14:00	Alone - Plan your week	Routine - Job Hunting	Routine - Prepare for House Viewing	Study Trading	Routine - Job Hunting	Routine - Prepare for House Viewing	Bush walk?
14:00 - 15:00	Routine - Job Hunting	Study Trading	Routine - Prepare for House Viewing	Routine - Job Hunting	Study Trading	Routine - Prepare for House Viewing	

1Jul24_2

5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 16:00	Study Trading	Routine - Job Hunting	Routine - Job Hunting	Routine - Job Hunting	Routine - Job Hunting	Routine - Prepare for House Viewing	
16:00 - 17:00	Routine - Job Hunting	Study Trading	Study Trading	Routine - Email work, job, friends	Study Trading	Routine - Ice Hockey	Alone - Plan your week
17:00 - 18:00	Study Trading	Routine - Job Hunting	Routine - Job Hunting	Routine - Email work, job, friends		Routine - Ice Hockey	
18:00 - 19:00	Routine - Job Hunting	Study Trading	Study Trading	Routine - North Shore Run Club		Routine - Ice Hockey	
19:00 - 20:00	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Dinner	Routine - Ice Hockey	Routine - Dinner
20:00 - 21:00	Study Trading					Routine - Ice Hockey	
21:00 - 22:00	Alone - Write in your diary	Alone - Write in your diary	Alone - Write in your diary	Routine - Work through things in storage	Alone - Write in your diary	Routine - Ice Hockey	Social activities - Phone Mum and Dad
22:00 - 23:00						Routine - Ice Hockey	

Activities

Category	Activity	Choices
Active things	Go for a swim	Active things - Go for a swim
Active things	Play ping-pong	Active things - Play ping-pong
Active things	Have a game of golf	Active things - Have a game of golf
Active things	Run up & down stairs for a few minutes	Active things - Run up & down stairs for a few minutes
Active things	Do 10 minutes of gentle stretching exercises	Active things - Do 10 minutes of gentle stretching exercises
Active things	Arrange a game of tennis or squash	Active things - Arrange a game of tennis or squash
Active things	Kick a ball around the oval	Active things - Kick a ball around the oval
Active things	Do some boxing	Active things - Do some boxing
Active things	Do some weight lifting	Active things - Do some weight lifting
Active things	Go jogging	Active things - Go jogging
Active things	Ride your bike	Active things - Ride your bike
Active things	Go for a bushwalk	Active things - Go for a bushwalk
Alone	Sudoku	Alone - Sudoku
Alone	Meditate	Alone - Meditate
Alone	Play a card game	Alone - Play a card game
Alone	Plan your week	Alone - Plan your week
Alone	List things you have enjoyed in the past	Alone - List things you have enjoyed in the past
Alone	Buy or make a present for someone	Alone - Buy or make a present for someone
Alone	Look through your favourite photo album	Alone - Look through your favourite photo album
Alone	Read the newspaper	Alone - Read the newspaper
Alone	Study a language	Alone - Study a language
Alone	Study GTD	Alone - Study GTD
Alone	Read a good novel	Alone - Read a good novel
Alone	Read an interesting non-fiction book	Alone - Read an interesting non-fiction book
Alone	YouTube, Insta, FB	Alone - YouTube, Insta, FB
Alone	Do some woodwork	Alone - Do some woodwork
Alone	Do a jigsaw puzzle	Alone - Do a jigsaw puzzle
Alone	Learn or practise a musical instrument	Alone - Learn or practise a musical instrument
Alone	Paint, Draw, Do some pottery	Alone - Paint, Draw, Do some pottery
Alone	Run through your todo items	Alone - Run through your todo items
Alone	Write in your diary	Alone - Write in your diary
Alone	Play a computer game	Alone - Play a computer game
Alone	Write a letter to a friend	Alone - Write a letter to a friend

Activities

Alone	Write a short story or poem or song
Around the house	Make a cake
Around the house	Play with your pets
Around the house	Sit in the sun
Around the house	Dance to some music
Around the house	Watch television
Around the house	Have a big 'spring-clean'
Around the house	Listen to music
Around the house	Do some gardening
Around the house	Do some handiwork around the house
Around the house	Paint walls, doors, shelves
Away from home	Watch a game of football or ice hockey
Away from home	Visit a museum
Away from home	Go to a poetry reading
Away from home	Visit a bookshop
Away from home	Visit an art gallery
Away from home	Go to a movie
Away from home	Go to the library
Away from home	Walk along the beach
Pampering	Eat your favourite food
Pampering	Buy yourself a special gift
Pampering	Have a haircut
Pampering	Have a bath
Pampering	Hug your favourite person
Routine	Eat Lunch
Routine	Dinner
Routine	Doctor
Routine	Donna
Routine	Ice Hockey
Routine	North Shore Run Club
Routine	House Hunting
Routine	Job Hunting
Routine	Go to Canadian Embassy
Routine	Take things to storage

Alone - Write a short story or poem or song
Around the house - Make a cake
Around the house - Play with your pets
Around the house - Sit in the sun
Around the house - Dance to some music
Around the house - Watch television
Around the house - Have a big 'spring-clean'
Around the house - Listen to music
Around the house - Do some gardening
Around the house - Do some handiwork around the house
Around the house - Paint walls, doors, shelves
Away from home - Watch a game of football or ice hockey
Away from home - Visit a museum
Away from home - Go to a poetry reading
Away from home - Visit a bookshop
Away from home - Visit an art gallery
Away from home - Go to a movie
Away from home - Go to the library
Away from home - Walk along the beach
Pampering - Eat your favourite food
Pampering - Buy yourself a special gift
Pampering - Have a haircut
Pampering - Have a bath
Pampering - Hug your favourite person
Routine - Eat Lunch
Routine - Dinner
Routine - Doctor
Routine - Donna
Routine - Ice Hockey
Routine - North Shore Run Club
Routine - House Hunting
Routine - Job Hunting
Routine - Go to Canadian Embassy
Routine - Take things to storage

Activities

Routine	Take things to the dump to recycle or dispose	Routine - Take things to the dump to recycle or dispose
Routine	Work through things in storage	Routine - Work through things in storage
Routine	Budget Planning	Routine - Budget Planning
Routine	Prepare for House Viewing	Routine - Prepare for House Viewing
Routine	Prepare to travel	Routine - Prepare to travel
Routine	Travel	Routine - Travel
Routine	Take the car to get fixed	Routine - Take the car to get fixed
Routine	Email work, job, friends	Routine - Email work, job, friends
Routine	Park run	Routine - Park run
Social activities	Hold a trivial pursuit, pictionary, charades evening	Social activities - Hold a trivial pursuit, pictionary, charades evening
Social activities	Play with your children	Social activities - Play with your children
Social activities	Invite friends over for a video & popcorn	Social activities - Invite friends over for a video & popcorn
Social activities	See your favourite band	Social activities - See your favourite band
Social activities	Go to your favourite restaurant	Social activities - Go to your favourite restaurant
Social activities	Prepare a special meal for friends or family	Social activities - Prepare a special meal for friends or family
Social activities	See a play, ballet or opera	Social activities - See a play, ballet or opera
Social activities	Phone Mum and Dad	Social activities - Phone Mum and Dad
Social activities	Take Hannah for a drive	Social activities - Take Hannah for a drive
Social activities	Phone a friend	Social activities - Phone a friend