

Calendar B - editing log throughout the day to reflect housework tasks

Time	Monday	Tuesday
5:00 AM	Personal care	Sleep
5:30	Personal care/ drive to work	Sleep
6:00	Replenish food at the office, make coffee & breakfast	Sleep
6:30	Work	Personal care
7:00	Work	Personal care/ drive to work
7:30	Work	Work Make coffee & breakfast
8:00	Work	Work
8:30	Work	Work
9:00	Work	Work
9:30	Work	Work
10:00	Work	Work
10:30	Work Amazon order - Aloha bars, read newsletter	Work
11:00	Work	Work
11:30 AM	Work Respond to a text about a sick family member	Work
12:00 PM	Fill out and mail forms to get medical records for kids	Work
12:30 PM	Work Eat lunch	Work Skipped lunch
1:00 PM	Work	Work
1:30 PM	Work phone call to prepare for lawyer meeting	Work Phone call - daughter
2:00 PM	Work	Work
2:30 PM	Work	Work
3:00 PM	Work	Work
3:30 PM	Work	Work
4:00 PM	Work	Work
4:30 PM	Work/ commute	Work/ commute Eat dinner
5:00 PM	Meeting with a lawyer	Childcare -grandson, pull weeds, water flowers
5:30 PM	Meeting with a lawyer	Childcare -grandson, pick up dog poop
6:00 PM	Caregiving -Drive to and order meals for mother-in-law	Childcare -grandson, change bed sheets & wash dirty sheets
6:30 PM	Leisure Eat dinner	Change laundry
7:00 PM	Personal care	Personal care
7:30 PM	Leisure	Leisure

8:00 PM	Leisure	Leisure
8:30 PM	Leisure	Leisure
9:00 PM	Leisure	Leisure
9:30 PM	Leisure	Leisure
10:00 PM	Sleep	Sleep
10:30 PM	Sleep	Sleep
11:00 PM	Sleep	Sleep
11:30 PM	Sleep	Sleep
12:00 AM	Sleep	Sleep
12:30 AM	Sleep	Sleep
1:00 AM	Sleep	Sleep
1:30 AM	Sleep	Sleep
2:00 AM	Sleep	Sleep
2:30 AM	Sleep	Sleep
3:00 AM	Sleep	Sleep
3:30 AM	Sleep	Sleep
4:00 AM	Sleep	Sleep
4:30 AM	Sleep	Sleep