

# Productivity Prescription Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Inspiration</b> (30 min, Daily)							
<b>Breakfast</b>							
<b>Morning Peak Performance Period</b> (4 hrs, 5-6x/week)							
<b>Light Physical Activity</b> (15min, Daily - <i>Optional on Heavy Physical Activity days</i> )							
<b>Lunch</b>							
<b>Check-in</b> (45min, 4-5x/week)							
<b>Afternoon Peak Performance Period</b> (3 hrs, 5-6x/week)							
<b>Heavy Physical Activity</b> AM or PM (45min, 3x/week)							
<b>Dinner</b>							
<b>Gratitude</b> (5-30 min daily)							