

TIME	ACTIVITIES
7:00 a.m.	Wake up
7:00 a.m.–7:30 a.m.	Anchor Point 1 (thirty minutes): stretching (ten minutes), mindful sitting (five minutes), journaling (fifteen minutes)
7:30 a.m.–8:30 a.m.	Get ready for work
8:30 a.m.–9:00 a.m.	Work commute
9:00 a.m.–10:00 a.m.	Fifty minutes of work/ten-minute micro-break: stretching (five minutes), mindfulness app (five minutes)
10:00 a.m.–11:00 a.m.	Forty-five minutes of work/fifteen-minute micro-break: mindfulness app (ten minutes), breathing exercise (five minutes)
11:00 a.m.–Noon	Fifty-five minutes of work/five-minute micro-break: breathing exercise (five minutes)
Noon–1:00 p.m.	Anchor Point 2: (forty-five minutes): lunch (thirty minutes), walk around workspace outside (fifteen minutes), listening to music (fifteen minutes)
1:00 p.m.–2:00 p.m.	Fifty minutes of work/ten-minute micro-break: stretching (five minutes), mindfulness app (five minutes)
2:00 p.m.–3:00 p.m.	Fifty minutes of work/ten-minute micro-break: listening to music (ten minutes)
3:00 p.m.–4:00 p.m.	Fifty-five minutes of work/five-minute micro-break: breathing exercise (five minutes)
4:00 p.m.–5:00 p.m.	Sixty minutes of work
5:00 p.m.–5:45 p.m.	Home commute
5:45 p.m.–7:00 p.m.	Get settled (e.g., changing, dinner, children’s homework)
7:00 p.m.–8:00 p.m.	Anchor Point 3: yoga
8:00 p.m.–10:00 p.m.	Free time
10:00 p.m.–11:00 p.m.	Sleep ritual: bath with soothing music, skin care, journaling, mindfulness app
11:00 p.m.	Fall asleep