Life Schedule 2012-2013

Dates:

<u>Life</u>	Physical Activities	<u> </u>
Wake Before 7:30	Swim 1 mile	
Bed Before 11:00	Yoga	
Healthy Eating	Stretch	
Hydration	Parkour / Free Runnin	
Swim in Ocean	Sport/ Surfing	
Go Somewhere New		
Do Something New	Education	
Responsible Spending	Wholistic	
Loose/ Break Nothing	Nutrition/ Health	
Giving Back	Sustainability	
Be Strong	New Skill	
Meditation	Anything *(15 min)	
Morning Start (H20)		
<u>Business</u>		
Revenue 5k		
Work	Music	
	Dance	

Sailing Singing, Harmonica, Drums, Guitar

Hiking Camping Traveling Fun Stuff

Weekly Goals 2011

00000
00000

Sailing Hiking Camping Traveling Fun Stuff

Weekly Goals 2012

Dates:	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Awake 7:30 (5)							
Good Morning Start (6)							
Bed 11:00 (5)							
Eat Healthy (6)							
Eat Vegan (4)							
Hydration (7)							
Meditate (7)							
Stretch (7)							
Be Strong (7)							
Go to Ocean (6)							
Swim in Ocean (1)							
Music (3)							
Dance (3)							
Physical Activity (6)							
Yoga (3)							
Swim (1)							
Bike (2)							
Parkour/ Free Run (1)							
Surf, SUP, Kayak, Sport (1)							
Education (7)							
Wholistic (1)							
Nutrition/ Health (2)							
Sustainability (2)							
Geography (1)							
Other							
Adventure (1)							
Go Somewhere New (1)							
Do Something New (1)							
Give Back (1)							
Loose/ Break nothing (week)							
Responsible Spending (week)							
Business Revenue \$2,500 (week	k)						

Music- Singing, Harmonica, Guitar, Singing Bowls, Didgeridoo, Shakers, Adventure- Sailing, Hiking, Camping, Traveling
Morning Start- Drink water, stretch or meditate, No electronics to start

Weekly Goals 2013

Dates:	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Wake up and go to bed as Rob	(7)						
Awake 7:30 (5)							
Good Morning Start (6)							
Bed 11:00 (5)							
Eat Healthy (6)							
Hydration (7)							
Meditate (5)							
Stretch (7)							
Bike (5)							
Go to Ocean/ Nature (6)							
Take a Dip (5)							
Be Kind, Be patient, Be Good	(5)						-
Sing or Dance (3)							
Swim or Run (2)							
Read (5)							
Write a piece (3)							
Education (5)							
Do Good (7)							
Adventure (1)							
Go Somewhere New (1)							
Do Something New (1)							

Good Morning Start- Water, stretch, fresh air, no electronics for half hour

REMEMBER TO LIVE ROB!!

08/15 - 08/21 2011	Rob	
Billboards	**	2
DN	00	100
Weight Lifting	## # 12/11/11/2m	4
Running/ Swimming	MXX R12444 /3m/51	3
Yoga	***	2
Sports	BQ O Bassothell Berten	4
Surfing	00	2
Wake Before 7:30	0.0000	5
Bed Before 11:00	集进务 签划	5
Healthy Eating	0 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	6
Hydration	PENNAM	7
Social Events	Dat honger of Right, Scrassing	2
Swim in Ocean	XX 00	4
Geography (15 min)	000	3
Survival Skills (15 min)	and the state of t	3
Logse/ Break Nothing	D-	Ť
Responsible Spending	- 0/	\forall
Learn New Skill	П	\forall
Go Somehwere New	Be a with Daishad	\forall

-08/22 - 08/28 ²⁰¹¹	- Rob		
Billboards	XXX	2	
Weight Lifting	88 8 M/ 1 W/ 1 W/ 95 - 4	1	
Running/ Swimming	XXX Inty/isn/ Take from	3	
Yoga	00	2	_
Sports (Incl. surfing)	XXX 4-bill socr / valle	4	1
Wake Before 7:30	金塚道徳が	5	1
Bed Before 11:00	SAN NO.	5	1
Healthy Eating	ŠÝŽŽŘŘŽ Š	6	1
Hydration	SINTER DE LA COMPANSION	7	C
Social Events	Alx Grille Pitron	2	5
Swim in Ocean	XXX = En in Blacks 10B	4	2
Geography (15 min)	000 "	3	E
Survival Skills (15 min	ØDD THE ENT	3	02
Loose/ Break Nothing	Ø		
Responsible Spending	₽′		
Learn New Skill	ο,		
Go Somehwere New	W Mointer's		C

08/29 - 09/11 2011	Rob
Billboards	00 2
Weight Lifting	DA 200 4
Running/ Swimming	500 Km 3
Yoga	<u></u> Žo 2
Sports (Incl. surfing)	XXX NYP FRICO- YES 11 4
Wake Before 7:15	\$\$\$\$\$ 5
Bed Before 10:45	නීතින්තිනී
Healthy Eating	បាន់ប្រែងគ្នាង 6
Hydration	र्वे के के के के के के के के
Social Events	DE MILY MICENSAM EXT 2
Swim in Ocean	\$\$\$\$\$\$ 4
Learning* (15 min)	DEDENT THE Par des 1200
Loose/ Break Nothing	×
Responsible Spending	×
Learn New Skill	
Go Somehwere New	OLD TOWN D
*Topics- Geography, Survival	

09/12 - 09/18 2011	Rob	
Billboards	000	3
Weight Lifting	3 51	3
Running/ Swimming	Son & XXX San Parage	125/5 W 2 / R
Yoga	100	25/5 (10) 2 / R CON SWI
Sports (Incl. surfing)	XXX Contract State	3
Wake Before 7:15	の	
Bed Before 10:45	20000	6
Healthy Eating	ŚŚŚŚŚŚ	5
Hydration	නිත්ත්ත්ත්ත්ත්	7
Social Events	NO Topos Ports	2
Swim in Ocean	BENED WORTHERM	5 Town Water
Learning* (15 min)	党会体がおびには まままし	6 (co light) co I Fred of Affection 19 15 16
Loose/ Break Nothing	7	And the sense of the sense of the sense
Responsible Spending	V	
Learn New Skill	(A)	
Go Somehwere New	SHANGE X COUNTY	-

(Did not keep and Timet tuswk)

5T - 40 (
3 2
3
2
4
5
5
6
7
2
4
6

*Topics- Geography, Survival Skills, Non-Fiction Reading

10/03 - 10/09 2011	Rob	mer well	The .
Revenue	XXXXXXX	\$6000 1,500/3,000/	91,500
Weight Lifting	000 '	3	1.04 10
Running/ Swimming	SAN XX	3 1-16 @ you 1 /	En/ Sima/River
Yoga		2	
Sports (Incl. surfing)	成立作をからいす	3	
Wake Before 7:15	केळ ई र्क जे	5	
Bed Before 10:45	\$0000	5	
Healthy Eating	නීත්ත්ත්ත්ත්ත	6	
Hydration	图图图图图图图图	7	
Social Events	කිස්	2 100 / 6000000	
Swim in Ocean	MODOOR	4	w 1
Learning* (15 min)	MANAMA MANAMA	6 7 2 8 2 7 2	or Radon Radon
Loose/ Break Nothing	Wetsit?	Spen	per levi bate
Responsible Spending	×		
Learn New Skill			
Go Somehwere New *Topics- Geography, Survival	Mixico of Son	No Arak	

10/17 - 10/23 2011	Rob	
Revenue	SECOO	\$6000 1949-1/1300-14
Weight Lifting	X 00	3 51-14/0-1 VE-20/1/2 14-2
Running/ Swimming	NAXX	451-12/15-12-1/12 /
Yoga	0	1
Sports (Incl. surfing)	DO I	3 (2-0-1)
Wake Before 7:15	00000	5
Bed Before 10:45	නිතින්ටට	5
Healthy Eating	QQQQQQQQ	6
Hydration	ທີ່ລໍສັສິສິສິລິວ ວ	7
Social Events	ØX.	2 monet/Porte horas
Swim in Ocean	0000	a sun autoproduct
Learning* (15 min)	MANAMAKKAK	6 San was Shown wat
Loose/ Break Nothing	×	
Responsible Spending	X	
Learn New Skill		
Go Somehwere New		
Do Something New		

12 PM

whose chart son

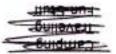
Dates:	Goals	
Revenue	XXX [] = 900/ \$1220/360 \$4,500	
Weight Lifting	IDD 2	
Running/ Swimming	BRI 30 /50 12	
Yoga	D	
Sports (Incl. surfing)	Ø10 0 3xc 0 3	
Wake Before 7:36	x xx□□ 5	
Bed Before 14:05	X XXDD 5	
Healthy Eating	多	
Hydration	AN A	
Social Events	# BXXX 2 Prosecutive / Street / Manual Long / Manua	
Swim in Ocean	RDD 3	
Learning* (15 min)		100
Loose/ Break Nothing	Set in the second state of	12
Responsible Spending	8	
Learn New Skill/ Base Rev.	1 X 11 Min Heidstand	
Go Somehwere New	Agen Ed James DEX Bat Rid and By	
Do Something New	& At then Food	



Dates: 1/7 - 1/13 2011	Goals	
Revenue		2000
Weight Lifting		1 w entranthry
Running/ Swimming	X DX	2 Indes / Soule/ Knut
Yoga	28 /	
Sports (Incl. surfing)	8000X	4 SUBJECT SUBJECT SUP STONE
Wake Before 7:15	X DOPD	5
Bed Before 10:(45)		5
Healthy Eating	发表数数数	6
Hydration	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	7 Examp 10.
Social Events	XX.X.X	2 17 mm /201 x2/ + 1 PB (805)
Swim in Ocean	18 8 Q'Q'	3
Learning* (15 min)	MANANA DE	4 Hours IN / MI / Mars 1 M/ Bay Stross 1 Quem
Loose/ Break Nothing	×	7 2 17 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Responsible Spending	×	
Learn New Skill /Box Roal	SUPX	
Go Somehwere New	Parte Bown & Ctimen Por	- Wondof IB
Do Something New	SUP DE	

blubste Streten,

0



	Ditsepartury but and anyone	Allweek
Dates: -14 11-202011		
Revenue	№ 00000 *3,00	
Weight Lifting		
Running/ Swimming	800 360 AST	
Yoga	B @ corpor	
Sports (Incl. surfing)	WW DD 4 15ton Bue	
Wake Before 7:35	\$\displays = 5	63
Bed Before 10:65	\$\$aaa 5	
Healthy Eating	最 英 國 基 英 6	
Hydration	MIEHAS -	
Social Events	X X X Sither moting/ Sinfin/ 2 7-6-05/ Sinfin	
Swim in Ocean		
Learning* (15 min)	BBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBBB	
Loose/ Break Nothing	Druk Treat	
Responsible Spending	×	
Learn New Skill		
Go Somehwere New	Level-Beachs XXX Sud river 8-1/200	
Do Something New	Ermpun Food St	
*Topics- Geography, Survival:		Laboration of the Control of the Con
STRETCH	D D D D S	Stake Lawrence
wholestic Learning	3 64 (CHE)	ب لا - دید
wholistic Application	3 6 7 9 m	





Dates: 1/21-27 2011	Goals	
Revenue	XXXXXX 5295	t H
Weight Lifting		
Running/ Swimming	200 3	
Yoga	8 1	La Stole
Sports (Incl. surfing)	公	3. P. Caros / 5. P. mg/ 3. 21
Wake Before 7:15	集团(ISOX 5	p.
Bed Before 10:45	公 並成立会 5	
Healthy Eating	क्षेत्रिक क्षेत्र ६	
Hydration	දීම්න්ස්වීම් 7	
Social Events	XX X 2	Total Tops of the your The designer or
Stretch	BARR 5	the use
Wholistic Learning	BOO Lisa Mexico 3	Goldey
Wholistic Application	BOOLOSSIN MEXICO 3	over
Swim in Ocean	M M W W L	
Learning* (15 min)	MENDOUDE AND DESCRIPTION OF THE PROPERTY OF TH	Marylan / Army
Loose/ Break Nothing	X'	H
Responsible Spending	×	16
Learn New Skill	D	
Go Somehwere New	Brin MCXICO XX Culshis Lycon	
Do Something New	Trive in district or the A	

Hendstand on PAddle band! Gran our Paris XX Balance/core strength X Tell me white you that

Dates: 11/23 - 12/04 2011	Goals		
Revenue		EDULUU	34
Weight Lifting	(m) 2	G,	2 Vol. 5
Running/ Swimming	W)Z	$X \times X$	27 1 1 1 2 5 m/s 2 5 m
Yoga	(m) L	D. T	s
Sports (Incl. surfing)	(P) 2-3	KAC.	ar Inviere Fresh I
Wake Before 7:35		ANDER	5
Bed Before 10:45		る	5
Healthy Eating	6) 6	चित्रं जित्रे <u>जि</u> त्रे के	6
Hydration	(Y) 7	SPRESS SPRESS	7
Social Events		XXX Bu -1 just	2 Em Jan Term
Stretch	10 TB	XXXXX	5
Wholistic Learning		180	2 lunspun
Wholistic Application			5- Panding/Panding/INS-
Swim in Ocean	21-5	משט'	3
Learning* (15 min)	XXXXX	XXXCCCCCCCCC	7 74-5
Loose/ Break Nothing	/	×	0.5
Responsible Spending		×	
Lanes Mour Chill Salehaling	m		
Learn New Skill			
Go Somewhere New	Awigh Et	light in 1944 18 for all of first.	Tent
		Adjustices & Special S	

Dates: Sep 24-30 **Physical Activities** Life Swim 1 mile Wake Before 7:30 Bed Before 11:00 Yoga Stretch Healthy Eating □ □ Parkour / Free Running Hydration Sport/ Surfing Swim in Ocean M Pac Plus Go Somewhere New Education Do Something New Wholistic Responsible Spending Nutrition/ Health Loose/ Break Nothing Sustainability Giving Back New Skill Be Strong 或点点点 Anything *(15 min) Meditation 医气管蛋白 Morning Start (H20) Business Revenue 5k MANDO Work Music Dance

Sailing Hiking Camping Traveling Fun Stuff Singing, Harmonica, Drums, Guitar

First note every Day

Dates: Oc+ /-8 2012

Life

Wake Before 7:30

Bed Before 11:00

Healthy Eating

Hydration

Swim in Ocean

Go Somewhere New

Do Something New

Responsible Spending

Loose/ Break Nothing

Giving Back

Be Strong

Meditation

Morning Start (H20)

Business

Revenue 5k

Work

Physical Activities

Swim 1 mile

Yoga

Parkour / Free Running

Sport/ Surfing

Education

Wholistic

Nutrition/ Health

Sustainability

New Skill

□ Anything *(15 min)

44000

Music Dance

Sailing Hiking

Camping

Traveling

Fun Stuff

Singing, Harmonica, Drums, Guitar

tid not som da

MINIT WALK ON EDD

- oct 8-14 2012

is a by Fredding

Dates: 10			
Dates: (()		Physical Activities	
Wake Before 7:30	6 B	Swim 1 mile	0 0
Bed Before 11:00	00000	Yoga	
Healthy Eating	£ \$ \$ 000	Stretch	Z Z E 0 0 0
		Darkour / Eroo Dunning	14
Swim in Ocean	₹ □	Sport/ Surfing	a`
Go Somewhere New	1110 CARTO	17 Thurst Huse, " offis	
Do Something New	and colors	Education	
Responsible Spending	Char	Wholistic	b & a chymetony Kantacha howas Black fly from Chin carlos, His care
Loose/ Break Nothing		Nutrition/ Health	D D D D Chark Ay gluing Chin
Giving Back	A < V □	Sustainability	a content this content
Be Strong	o o o o o o o o		DI Action June 1
Meditation		Anything *(15 min)	Ay po comon
Morning Start (H20)	\$ \$\$\$000		
Business	14. 24		
Revenue 5k	ស្នែ០០០		
Work		Music *	0 0
		Dance	

Sailing Hiking Camping Traveling Fun Stuff Singing, Harmonica, Drums, Guitar

6001: Vigan Tothe Frie

Skill: Sherline/Arologo

Dates: 0-22 / 10-23 2012

Life

Wake Before 7:30

Bed Before 11:00

Healthy Eating

Hydration

Swim in Ocean 6. To

Go Somewhere New

Do Something New

Responsible Spending

Loose/ Break Nothing

Giving Back

Be Strong

Meditation

Morning Start (H20)

Business

Revenue 5k

Work

Physical Activities

Swim 1 mile

Yoga

Stretch

Parkour / Free Running

DA DA Sport/ Surfing

Education

Wholistic

Nutrition/ Health

Sustainability

New Skill

Anything *(15 min)

BODD

00000

Music

Dance

X Ru Ch & PD

A Essential airy Come

A D D Q Not Geo COX 127 Too
25 years

M X M Myselphlamy Elitar Con

Singing, Harmonica, Drums, Guitar

Sailing Hiking Camping Traveling Fun Stuff



Dates: /0-29 / /1-4 2012		Physical Activities	
<u>Life</u>			
Wake Before 7:30	00000	Swim 1 mile	무뭐~
Bed Before 11:00 Tus	N N D O D	Yoga	* #XI-YE/I'M/I'M
Healthy Eating 4 00000	5 N N N N N N N N N N N N N N N N N N N	Stretch	ではないないない/エルト
N. C. S. L. C. S.	ATWH	Parkour / Free Running	
Hydration Swim in Ocean ເພື່ອ ຊື່ເຊື້ອຊື່ອຊື່ອຊື່ອຊື່ອຊື່ອຊື່ອຊື່ອຊື່ອຊື່ອຊື່	\$	Sport/ Surfing	A Risk to Yarry 1245
Go Somewhere New	Again Shi X Gogfing and	racy	1.0.3
Do Something New	Agust Pus	Education	e a to
Responsible Spending	N.	Wholistic	A Bowl S Colymon more to a Colymon more to a Colymon more to a
Loose/ Break Nothing	N	Nutrition/ Health	A Can-fut
Giving Back		Sustainability	ASE CITY ENER MINER TO D
Be Strong * Franciscon DE	6000000	New Skill	a creations
Meditation		Anything *(15 min)	6 A D D Varie bred
Morning Start (H20)	Bagaa		1,1
Business			
Revenue 5k	0000		
Work		Music	A XXIII (coo, homen / D g) 4 most
		Dance	00

Sailing Hiking Camping Traveling Fun Stuff Singing, Harmonica, Drums, Guitar