

Life Schedule 2012-2013

Dates:

**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 (H2O)

**Business**

- Revenue 5k
- Work

**Physical Activities**

- Swim 1 mile
- Yoga
- Stretch
- Parkour / Free Runnin
- Sport/ Surfing

**Education**

- Wholistic
- Nutrition/ Health
- Sustainability
- New Skill
- Anything \*(15 min)

- Music
- Dance

- Sailing
- Hiking
- Camping
- Traveling
- Fun Stuff

Singing, Harmonica, Drums, Guitar

Weekly Goals 2011

Dates:	Goals	
<b>Revenue</b>		
<b>Weight Lifting</b>		
<b>Running/ Swimming</b>		
<b>Yoga</b>		
<b>Sports (Incl. surfing)</b>		
<b>Wake Before 7:15</b>	□□□□□	5
<b>Bed Before 10:45</b>	□□□□□	5
<b>Healthy Eating</b>	□□□□□□	6
<b>Hydration</b>	□□□□□□□	7
<b>Social Events</b>	□□	2
<b>Stretch</b>		
<b>Wholistic Learning</b>		
<b>Wholistic Application</b>		
<b>Swim in Ocean</b>		
<b>Learning* (15 min)</b>		
<b>Loose/ Break Nothing</b>	□	
<b>Responsible Spending</b>	□	
<b>Learn New Skill</b>	□	
<b>Go Somewhere New</b>	□	
<b>Do Something New</b>	□	

- 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)							
<b>Physical Activity (6)</b>							
Yoga (3)							
Swim (1)							
Bike (2)							
Parkour/ Free Run (1)							
Surf, SUP, Kayak, Sport (1)							
<b>Education (7)</b>							
Wholistic (1)							
Nutrition/ Health (2)							
Sustainability (2)							
Geography (1)							
<b>Other</b>							
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)							

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!!



-08/22 - 08/28 2011	- Rob	
<b>Billboards</b>	XXX	2
<b>Weight Lifting</b>	XXX <i>1hr/1hr/1hr/1hr</i>	4
<b>Running/ Swimming</b>	XXX <i>1m 2y/1.5m/1hr</i>	3
<b>Yoga</b>	□□	2
<b>Sports (Incl. surfing)</b>	XXX□ <i>4.5hr/5hr/1hr</i>	4
<b>Wake Before 7:30</b>	XXX <sup>3</sup> ✓✓	5
<b>Bed Before 11:00</b>	XXX <sup>5</sup>	5
<b>Healthy Eating</b>	XXX <sup>5</sup>	6
<b>Hydration</b>	XXX□	7
<b>Social Events</b>	XX <i>4.5hr/1hr</i>	2
<b>Swim in Ocean</b>	XXX□ <i>Evening/Black/1hr/1hr/1hr</i>	4
<b>Geography (15 min)</b>	□□□	3
<b>Survival Skills (15 min)</b>	X□□ <i>14 EJ 1A</i>	3
<b>Loose/ Break Nothing</b>	✓	
<b>Responsible Spending</b>	✓	
<b>Learn New Skill</b>	□	
<b>Go Somewhere New</b>	✓ <i>Mobility</i>	C1



09105 08/29 - 09/04 2011	Rob	
<b>Billboards</b>	<input type="checkbox"/> <input type="checkbox"/>	2
<b>Weight Lifting</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	4
<b>Running/ Swimming</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <i>like Run</i>	3
<b>Yoga</b>	<input checked="" type="checkbox"/> <input type="checkbox"/>	2
<b>Sports (Incl. surfing)</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <i>volt, h.v. / 50-4 / 15min</i>	4
<b>Wake Before 7:15</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	5
<b>Bed Before 10:45</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	5
<b>Healthy Eating</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	6
<b>Hydration</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	7
<b>Social Events</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <i>party, h.v. / 10min / 15min</i>	2
<b>Swim in Ocean</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	4
<b>Learning* (15 min)</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <i>Time / 10min / 100 / 15min / 600</i>	6
<b>Loose/ Break Nothing</b>	<input checked="" type="checkbox"/>	
<b>Responsible Spending</b>	<input checked="" type="checkbox"/>	
<b>Learn New Skill</b>	<input type="checkbox"/>	
<b>Go Somewhere New</b>	<i>Old Town</i> <input checked="" type="checkbox"/>	

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





Did not keep good track two weeks

09/19 - 09/24 2011	Rob
<b>Billboards</b>	<input type="checkbox"/> <input type="checkbox"/> Did Not sell - Started Company
<b>Weight Lifting</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 4
<b>Running/ Swimming</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 3 Swims 3
<b>Yoga</b>	<input type="checkbox"/> <input type="checkbox"/> 2
<b>Sports (Incl. surfing)</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> BB-11 / Skill 4
<b>Wake Before 7:15</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 5
<b>Bed Before 10:45</b>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 5
<b>Healthy Eating</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> 6
<b>Hydration</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 7
<b>Social Events</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> N/A AZ Juliana Party 2
<b>Swim in Ocean</b>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 4
<b>Learning* (15 min)</b>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 6
<b>Loose/ Break Nothing</b>	<input checked="" type="checkbox"/>
<b>Responsible Spending</b>	<input checked="" type="checkbox"/>
<b>Learn New Skill</b>	<input type="checkbox"/>
<b>Go Somewhere New</b>	monthly car <input checked="" type="checkbox"/>

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



10/17 - 10/23 2011	Rob	
Revenue	<del>XXXX</del> □□□	\$6000
Weight Lifting	X□□	3
Running/ Swimming	<del>XXXX</del>	4
Yoga	□	1
Sports (Incl. surfing)	X□□ 1	3
Wake Before 7:15	□□□□□	5
Bed Before 10:45	<del>XXXX</del> □□	5
Healthy Eating	<del>XXXX</del> □□□□	6
Hydration	<del>XXXX</del> □□□□□□	7
Social Events	<del>XX</del>	2
Swim in Ocean	□□□□	4
Learning* (15 min)	<del>XXXX</del> □□□□□□	6
Loose/ Break Nothing		X
Responsible Spending		X
Learn New Skill		□
Go Somewhere New		□
Do Something New		□

1900 P... / 1300...  
 5... / 2... / 1/2...  
 14... / 1/2...  
 B...  
 1... / 2... / 3...  
 1... / 2... / 3...  
 1... / 2... / 3...

12 / 2... / 1/2...  
 1... / 2... / 3...  
 1... / 2... / 3...













Mince Bread  
Mince Yogurt

Dates: Sep 24-30 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 (H2O)

**Business**

- Revenue 5k
- Work

- Sailing
- Hiking
- Camping
- Traveling
- Fun Stuff

**Physical Activities**

- Swim 1 mile
- Yoga
- Stretch
- Parkour / Free Running
- Sport/ Surfing

**Education**

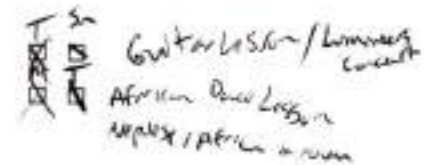
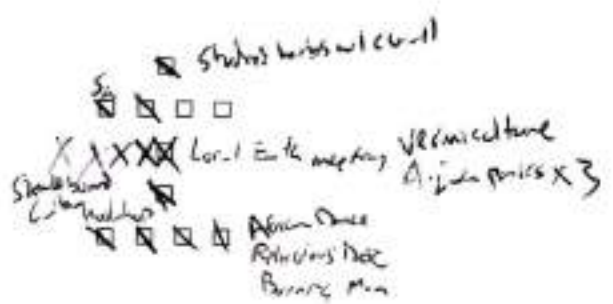
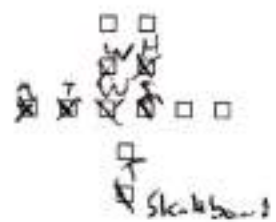
- Wholistic
- Nutrition/ Health
- Sustainability
- New Skill
- Anything \*(15 min)

- Music
- Dance

Singing, Harmonica, Drums, Guitar

Hoola hoola P, Skateboard

Find note every Day



*Handwritten signature or initials in the top right corner.*

Dates: Oct 1-8 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 (H2O)

**Business**

- Revenue 5k
- Work

- Sailing
- Hiking
- Camping
- Traveling
- Fun Stuff

**Physical Activities**

- Swim 1 mile
- Yoga
- Stretch
- Parkour / Free Running
- Sport/ Surfing

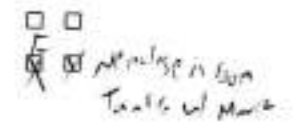
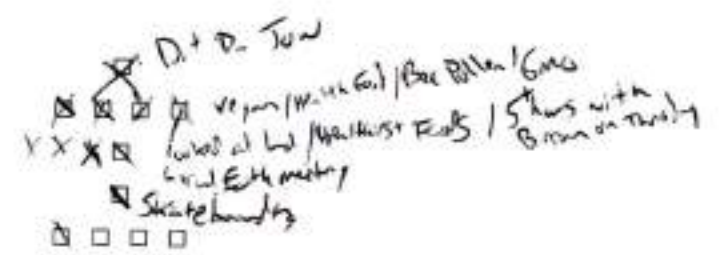
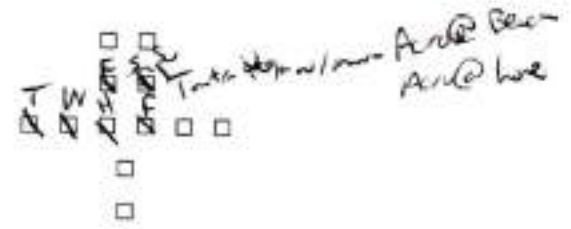
**Education**

- Wholistic
- Nutrition/ Health
- Sustainability
- New Skill
- Anything \*(15 min)

- Music
- Dance

Singing, Harmonica, Drums, Guitar

*Handwritten notes:*  
 Find rock every day  
 next walk AT E  
 RR QOO





Goal: vegan ~~W~~ ~~Tu~~ ~~W~~ ~~Th~~ ~~F~~ ~~S~~ ~~S~~

Skill: Shakti/Ashtanga  
~~Ashtanga~~  
 00

Dates: 10-22/10-28 2012

**Life**

- Wake Before 7:30
- Bed Before 11:00
- Healthy Eating
- Hydration
- ~~Swim in Ocean~~ Go To Swim
- Go Somewhere New SU
- Do Something New
- Responsible Spending
- Loose/ Break Nothing
- Giving Back
- Be Strong
- Meditation
- Morning Start (H2O)

**Business**

- Revenue 5k
- Work

- Sailing
- Hiking
- Camping
- Traveling
- Fun Stuff

**Physical Activities**

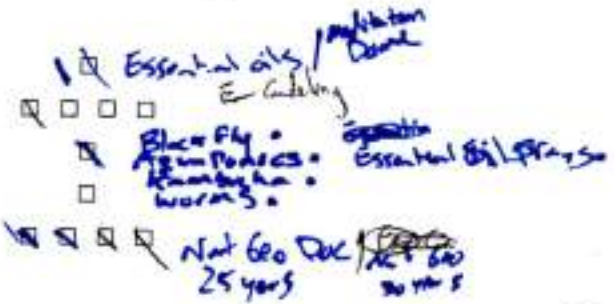
- Swim 1 mile
- Yoga
- Stretch
- Parkour / Free Running
- Sport/ Surfing

**Education**

- Wholistic
- Nutrition/ Health
- Sustainability
- New Skill
- Anything \*(15 min)

- Music
- Dance

Singing, Harmonica, Drums, Guitar



MUSIC  
 By  
 [unclear]  
 [unclear]

