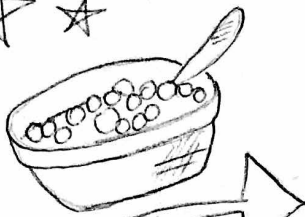


# WHAT'S MY ROUTINE?



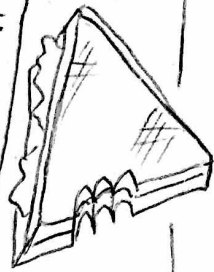
"This is your alarm!  
What time does it go off?"



HAVE REGULAR MEALS!

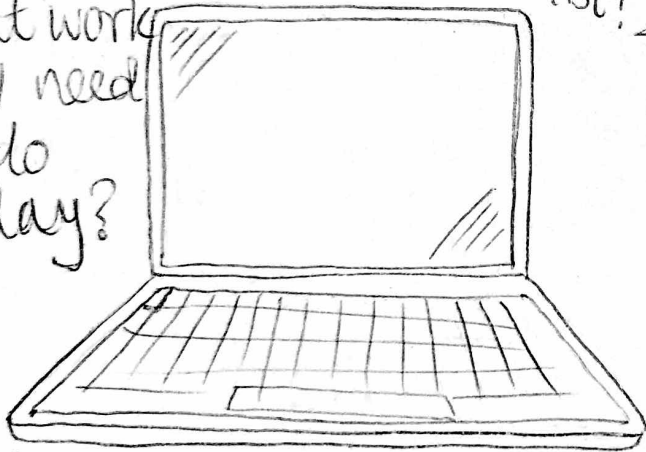
What's on the menu?

MEAL	TIME
Breakfast	
Lunch	
Dinner	



here's your 'to do' list!

What work do I need to do today?



Record it in your laptop!



Where am I working?  
What does your work space look like?

What am I doing to:



What time is bed time?

