

## rituals

1. morning
  1. immediate bathroom, groom
  2. scale
  3. clothing change
  4. prof learning topic, 30 min
2. evening
  1. shower
  2. prep clothing
  3. prep food
3. day off
  1. dusting
  2. sinks, toilets
  3. vacuum
4. weekly goals
  1. biw, professional planning
  2. H x2
  3. non prof read, 1 hr
  4. friend contact x1
5. every day
  1. no elevator
  2. no escalator
  3. calisthenics MWFSa

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