



		Sample plan	
Getting ready for		Time	Activity
_		7 am	Alarm wakes me up, I get up
learning at	home	7.15 am	Do my stretching/yoga workout
		8 am	Have breakfast
		8.15 am	Shower,
		0.13 4111	get dressed,
			brush teeth
		8.45 am	Join friends on group chat
		8.55 am	Prepare for first class
		0.33 alli	
		0 0 000	do my Ready to Learn check in Start the lesson
Time	Activity	9 am	Start the lesson
	Wake up		
	Start the lesson		