

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	To sleep; 5:15, sleep	Land, through customs	Shower, email	Sleep		5:20 up, ready	Up, feed
5:30	M wakes me up 5:45, sleep	Heathrow Express	Email			Ready, drive	Play while in office
6	Drift until 6:20, shower	At Paddington, walk	Pump, hair			Drive to 30th, sit in car	Feed A cereal
6:30	Ready, check in for flight	Walk through Hyde Park	Dress, check out, walk			Wait in (warm) station	Go outside
7	Up w/A, R, their breakfasts	To hotel, pump	Walk (window shop on Bond)		7:15 up, nurse	Walk to start	Play inside
7:30	Making waffles, others up	Sleep	Walk (window shop, F&M)	Wake, shower, bfasts	Shower, bfast	Find L, wait	Make banana bread
8	Work, getting ready	Sleep	Walk to Villandry St. James	My breakfast, clean up	Bfast, kids ready	Wait, start run 8:20ish	A down, shower
8:30	Bus, drive R, nurse A	Sleep	Event at VSJ	Bus, start work	Bus, play w/R	Rock n Roll half	Work (NaNoWriMo)
9	A down, work	Sleep	Event at VSJ	Work (revise Fortune)	Try to get A down	Rock n Roll half	Hangout w/M
9:30	Work, ready, drive	Sleep	Event at VSJ	Work (revise Fortune)	Work (teacher call)	Rock n Roll half	Ready for church, car
10	Still driving, arrive 10:25	Up, email	Event at VSJ + change	Work email triage	To parade	Rock n Roll half	Church (Requiem)
10:30	Wait, on train, work	Email	Tube to Paddington, train	Work	Halloween parade	Rock n Roll half	Church (Requiem)
11	Work (my blog)	Shower	Train to Heathrow	Work, ready	Home, play	Finish, walk to car	Church, home
11:30	Work (my blog)	Ready, walk in London	Check in, security	Drive downtown	Play w/A, S, diaper	Get coffee, drive	A, S lunch