

día a día buen día  
novmber 2020

01 nov 20

5.30a wake up / make coffee

5.40-7.15a news and computer work in bed

7.20a run to bodega to grab waffles and bananas

7.45a breakfast

8.15a run to atm to grab cash

8.30-9.15a grocery shopping

9.20a unload groceries

9.30-10.30a computer work and coffee

10.30a-3p clean and rearrange apartment

12.30-12.45p lunch break of leftover indian food

3.30-5.30p watch tv

5.30-6.30p reinstall some artwork in apartment

6.30-8.30p dinner and tv watching

9p head to bed

9.30p fell asleep

02 nov 20

5.25a wake up / make coffee

5.30-7a coffee and news (on phone) in bed

7-7.45a breakfast and prep for studio day

7.45-8a walk to studio

8a arrive at studio

11.30a-12noon lunch

1-2p take walk

3p coffee break

6p head home

6.10p stop at art shop for supplies

6.30p arrive home

6.45p make dinner

7.45-9p dinner and tv

9.20-9.45p get ready for bed

10p pass out

03 nov 20

5.30a wake up / make coffee

5.40-6.40a coffee and news in bed

6.40-7.10a get ready

7.10-7.40a breakfast

7.40-8a walk to grab truck

8.15a stop at studio

8.25a stop at home

8.30a leave for stand4 gallery

9.30a arrive at stand4 gallery

9.30-10a coffee and emails

10-10.30a am meeting

10.30a-5.30p exhibition changeover

1.30-2.30p lunch break

6p leave for studio

7p drop van off

7.10p walk home

7.25p arrive home

7.30p dinner w tv/news

9.15p head to bed

9.30p pass out

04 nov 20

3a wake / check news

4a wake up / make coffee

4.10-5.20a coffee and admin (+news) in bed

5.20-5.40a make/eat light breakfast

5.40a get ready

6a walk to van

6.15a leave for rhode island

8a coffee break

9.30-9.45a arrive at artist's studio / deliver work

9.45a head back to nyc

11-12p lunch break

1.45p arrive home

2.15p drop off truck

2.30p arrive at studio

4.20p walk home

4.30p stop at grocery store

4.40-5.30p studio admin / comp work

5.30p cook dinner

6.20p dinner and tv

8.20p head to bed

8.45p pass out

05 nov 20

5.20a wake up / make coffee

5.25a coffee and admin/news in bed

7a get ready, prepare breakfast

7.45a walk to studio

8a-5.30p studio

11.30a-12.15p lunch break w/ news

5.30-5.45 walk home

6.30p order dinner

7-8p dinner w tv

8.45p head to bed

9.15p pass out

06 nov 20

4a wake / check news

5a wake up / make coffee

5.10a coffee and news/admin in bed

7.15a make/eat breakfast

7.45a get ready

8a-5.30p work from home / admin

10-10.30a phone mtg / studio

11-12noon phone mtg / ima

12.15p grab lunch

12.30-1p eat lunch

5.30p run to grocery store

5.45p prep early dinner

6.05p eat dinner

6.20p head to stand4 gallery for reception

8.45p head home

9.10p arrive home

9.15-10a computer admin

10.15p head to bed

10.25p pass out

07 nov 20

6.15a wake / make coffee

6.25a coffee and news in bed

7.40a make/eat breakfast

8.15-8.45a admin

9a walk to studio

9.20a-5.30p studio

1.15p order lunch

1.45-2.15p eat lunch

5.20p head home

5.30p grab groceries

5.45p arrive home

6.15p make dinner

7p dinner w tv

9.15p get ready for bed

9.15p head to bed

9.25p pass out



08 nov 20

6a wake

6.15a coffee and news in bed

7a grocery run

8.10a arrive home

8.40a prepare/eat breakfast

12p prepare/eat lunch

6p prepare dinner

6.30p eat dinner

8.45p head to bed

9.15p pass out

09 nov 20

5.30a wake / make coffee

5.40a coffee and admin/news in bed

6.45a make/eat breakfast

7.10a get ready

7.20a walk to studio

7.35-6.15p studio

9-9.30a studio mtg

12-12.30p phone mtg

12.30p order lunch

1-1.30p lunch

2-3p studio mtg

3-3.30p phone mtg

6.15p walk home

6.30p prepare dinner

7p dinner w tv

9.30p head to bed

10p pass out

10 nov 20

4.45a wake

5a make coffee

5.10a coffee and news in bed

7.10a prepare/eat breakfast

8a-6p studio admin

11.30a prepare/eat lunch

6p prepare dinner

7p eat dinner w tv

9p head to bed

11 nov 20

5.30a wake/make coffee

5.40a coffee w news/admin in bed

6.45a make/eat breakfast

7.30a head to studio

7.45a-6p studio

10.30-11a phone mtg

11a-12p video mtg

2-3p web mtg

12p prepare/eat lunch

6p head home

6.30p order dinner

7.30p dinner w tv

9.30p head to bed

12 nov 20

5.30a wake/make coffee

5.45a coffee w news/admin in bed

7.15a make/eat breakfast

8-9a run errands

9a-7.30p studio/admin from home

9-10a studio mtg

10-11a phone mtg

1.30p prepare/eat lunch

4-5p run errands

6.30-7p phone mtg

7p order dinner

7.30p dinner w tv

9.15p head to bed

13 nov 20

6.30a wake/make coffee

coffee w admin in bed

8.45a prepare/eat bfast

10a-3.30p dia beacon trip

1.30p lunch

3.30-4.30p run errands

4.30-6.30p admin

6.45p prep dinner

7.30p dinner & tv

9.45p head to bed

14 nov 20

6a wake/make coffee

coffee w admin in bed

8.15a prepare/eat bfast

9.45a head to studio

10a-5.15p studio

1p order lunch

1.30p eat lunch

5.20p grocery store

5.40p arrive home / prep dinner

7p dinner & tv

9.45p head to bed

15 nov 20

6.20a wake

coffee w admin/news in bed

8.30a prepare/eat breakfast

1p prepare/eat lunch

7p eat dinner

9.30p head to bed



16 nov 20

5.30a wake/make coffee

5.40a coffee / admin in bed

7.15a prep lunch

7.30a prep & eat bfast

8.30a head to studio

8.45a-4.15p studio

12p eat lunch

4.15p walk home from studio

4.30-6.15p admin

6.15p prep dinner

6.45p eat dinner w / tv

9.30p head to bed

17 nov 20

5.30a wake/make coffee

5.40a coffee / admin & news in bed

7.30a prep/eat breakfast

8.15-6p admin from home

1p eat lunch

4p run to grocery store

6.15p prep dinner

6.45p dinner

9.15p head to bed

18 nov 20

5.30a wake/make coffee

5.40a coffee / admin in bed

7.30a prep/eat breakfast

8a-12p admin from home

10-11a host video roundtable for studioELL

11.30p prep/eat lunch

12p walk to studio

12.05p stop at grocery store

12.20-6p studio

4-4.45p take walk / run errand

6.15p walk home

6.30p eat dinner/tv

9p head to bed

19 nov 20

6a wake

6.15 coffee / news in bed

7.15a prep for day

7.45a walk to studio

8a-5p studio

8.15a bfast in stüd

10-10.30a phone mtg

12noon lunch

1-1.30p phone mtg

5p walk home

5.30p order dinner

6p dinner / tv

9.30p head to bed

20 nov 20

5.20a wake/make coffee

5.30a coffee/admin in bed

7.30a prepare/eat breakfast

8.15a walk to studio

8.30a-3.30p studio

11a-12.40p studio visit

1p lunch

3.30p walk home

3.40p grocery store

3.50-5.10p admin

6.15p order dinner / tv

7p eat dinner

9.25p head to bed

21 nov 20

6.05a wake/make coffee

6.20a coffee and news/admin in bed

8.15a prep/eat breakfast

9.30a walk to studio

9.45a-5.30p studio

12-1p video mtg

1p take walk / grab lunch

5.30p walk home

6.20p order dinner

6.50p eat dinner

9.40p head to bed

22 nov 20

7a wake/coffee in bed

9.15p head to bed

23 nov 20

5.30a wake/make coffee

5.40a coffee/news in bed

6.45a head to grocery store

7-7.45a grocery store

8.15a prep/eat breakfast

8.45a-6p studio admin from home

12-12.45p prepare/eat lunch

6p prep dinner

6.45p eat dinner/tv

9.40p head to bed



24 nov 20

5.30a wake/make coffee

5.40a coffee/news/admin in bed

7.20a prep/ear breakfast

7.50a run to grocery store

8.20a walk to studio

8.40a-4p studio

11a lunch

4p walk home

5.30p prep dinner

6.30p eat dinner / tv

9.15p head to bed

25 nov 20

6.20a wake/make coffee

coffee/news in bed

7.45a prep/eat breakfast

8.45a walk to studio

9a-6p studio

9-10.40a video mtg

11.30noon take walk/run errands/grab lunch

6p walk home

6.30p prep food for thursday / national day of  
mourning / [uaine.org](http://uaine.org)

6.45p order dinner

7.30p dinner/tv

9.40p head to bed

26 nov 20

5.20a wake

5.40a make coffee

9.35p head to bed

27 nov 20

7.15a wake/coffee in bed

10p head to bed

28 nov 20

6.15a wake/make coffee/coffee in bed

8a prep/eat breakfast

8.45a walk to studio

9a-5.45p studio

12noon lunch

5.45p walk home

6.30p order dinner

7p eat dinner w/ tv

9.45p head to bed

29 nov 20

7.15a wake/coffee in bed/admin/news

8.45a eat breakfast

1p prep/eat lunch

5.30p order dinner

6.20p eat dinner

9.15p head to bed

30 nov 20

5.30a wake

5.40a coffee in bed/admin/news

7.20a prep/eat breakfast

7.40a run errand

8.30a head to studio

8.45a-3.45p studio

1.45-3.15p studio artwork pickup/visit

4-7p admin @ home

5-5.40p video mtg

7p prep dinner

7.30p dinner / tv

8.30-9.30p admin

9.45p head to bed

10p pass out

