

The Ideal Workday for BEARS

Bears are go-with-the-flow type of folks. They're the "get it done" group. They're neither early birds, nor night owls, and the "normal work hours" suit them perfectly. However, they find it easy to stay up late and sometimes deprive themselves of sleep.



Here's how an ideal workday looks for a Bear:

- 7 am** Wake up and do a 10-minute stretching session.
- 7:30 - 9 am** Eat breakfast (fruit, nuts, yogurt). Drink a glass of water. Get ready for work.
- 9 - 10 am** Spend 15 minutes planning your day after getting to work.
- 10 am** Have your first coffee of the day.
- 10 am - 12 pm** Tackle your biggest tasks. This is your most productive time.
- 12 - 1 pm** Take a break. Go for a walk to get some food and sunlight.
- 1 - 3 pm** Take your meetings. Have a quick nap. Eat a protein-heavy snack.
- 3 - 6 pm** Complete easy tasks. Make phone calls. Check emails. Clean your workspace.
- 6 - 7 pm** Exercise! Cardio and strength training.
- 7 - 8 pm** Eat a healthy dinner.
- 8 - 10 pm** Time to socialize with friends and family.
- 10 pm** Power down your devices. Read a paper book.
- 11 pm** Lights out. Start your 8-hour sleep cycle.