

Suggested Modified In-House Daily Schedule:

7:00 a.m.	Begin the day.
7:00–11:00 a.m.	Pray. Exercise (30-60 minutes, try to get outside!). Shower, eat breakfast, and prepare for the day. Have personal study (may exceed 60-90 minutes, if necessary) Plan (30 minutes).

11:00 a.m.-9:30 p.m.

Hold companion study and prepare lessons (may exceed 30-60 minutes, if necessary).

Study your mission language (may exceed 60-90 minutes, if necessary).

Find, teach, and serve others. This may include phone purge, online proselyting, teaching English over the phone, and other activities. Consider breaking up or spacing out time and activities to avoid spending long periods of time on the same activity, and/or overexertion.

Clean and organize your house.

Develop your talents (musical instruments, etc.). Focus on things that will help you fulfill your missionary purpose.

Update digital records throughout the day.

	<p>Review a health or safety topic or one of the safeguards for using technology.</p> <p>Eat lunch (60 minutes).</p> <p>Study additional materials for new missionaries and trainers during the first 12 weeks in the field (may exceed 30–60 minutes, if applicable).</p> <p>Eat dinner (60 minutes)</p> <p>Exercise (30-60 minutes, try to get outside!)</p>
9:30–10:00 p.m.	Write in your journal, prepare for bed, and pray.
10:00–11:00 p.m.	Go to bed.