

## An Example Day Routine

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|---------|---|
| 8am     | Wake up, do 20 minutes of exercise ( <a href="#">the NHS Fitness Studio has lots free exercise videos to do at home!</a> )      |
| 8.45am  | Shower, get dressed and have breakfast  |
| 9.15am  | Check and answer emails, and check in with colleagues via <a href="#">Skype for Business</a> or <a href="#">Microsoft Teams</a> |
| 10am    | Research work - i.e. writing, data analysis, publications, conference papers  |
| 12.30pm | Lunch break   |
| 2pm     | Research work   |
| 3.30pm  | Break, check in with colleagues   |
| 3.45pm  | Research work   |
| 5pm     | Finish work for the day, do chores  |
| 6pm     | Cook dinner   |
| 7pm     | Relax - you could watch tv, read a book, or gather virtually with friends and family to play games                              |
| 10pm    | Bed time!   |