The Perfect Schedule

NOTE: This document is for my own sanity rather than a guide.

The perfect schedule requires us to be doing the 100% correct thing 100% of the time. I can assure you the only thing you can do 100% correctly 100% of the time is being dead. So, relax, you'll get there eventually, let's have a little fun in the meantime.

If perfection (death) is inevitable it does not need to be our goal. The next best thing is doing the 85% correct thing 60% of the time, also known as excellence. Which essentially means focusing on our best guess for 12 hours a day 6 days a week. (Math below)

Next question, what does that look like?

24 hours = 6x 4hr sessions.

Our body needs 7.5 hours of sleep a day – 2x sessions down, 4x sessions left.

Working 16hr days is not sustainable, 1x session for health maxing, 3x sessions left.

3x 4hr sessions remaining = 12 hours of scheduled work.

We need to allow for biological needs, assume every 4hr session has a 30 min break.

3x 3.5hr without distractions = 9.5 hours of actual work.

Now, how do we build a schedule with that?

Time	9 to 5 Friendly	Bi-phasic Friendly	Sun, 9 to 5	Sat, bi-phasic
0:00	Sleep	Sleep	Sleep	Sleep
1:00				
2:00	Sleep		Sleep	
3:00				
4:00		Work		Free choice: Active
5:00				
6:00	Clothes, toilet, gym		Free choice: Active	
7:00				
8:00	Set-up, stretch, work	Food, exercise		Scheduled: Social Breakfast
9:00				
10:00			Reflect: Prep schedule	Free choice: Relax
11:00				
12:00	Lunch, toilet, work,	Sleep	Scheduled: Social Lunch	Sleep
13:00				
14:00			Free choice: Fun	
15:00				
16:00	Dinner, work, pack	Food, work		Reflect: Prep schedule
17:00				
18:00			Scheduled: Social dinner	Schedule: Social dinner
19:00				
20:00	5km walk, toilet, shower	Work	Free choice: Relax	Free choice: Fun
21:00				
22:00	Read for 20 min, sleep		Read, sleep	
23:00				

Note: Colder regions tend to prefer to sleeping through the night to avoid frost bite. Hotter regions often nap during the day to avoid heat stroke. Both patterns are completely natural.

Machin, J. P. (2025, December) *The Perfect Schedule*. Actual Work. www.actualwork.org/vault.

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How to Optimize Work Hours

There are only three ways to increase the amount of work you get done per hour.

	Description	How to Increase
Focus	Your mental effort	Remove internal and external distractions.
Energy	Your body's energy output.	Get good rest and be physically fit.
Leverage	Assistive technology	Use power tools, computers, learn stuff.

Removing External Distractions

If it stops your workflow, it is a distraction, no matter how happy it makes you. Which means yes, that adorable puppy in your arms is a distraction and needs to be removed (gently). Sadly, some distractions (co-workers) can't be removed. These distractions will need to be ignored with noise cancelling headphones, passive aggressive comments, and 'do not disturb' signs.

Removing Internal Distractions

If you've been thinking about it, it is a distraction. To stop thinking about it – it needs to be solved. The best option is to solve the problem immediately. The second-best option is to schedule an appointment with yourself to solve the problem at a more convenient time. It will sound strange, but *sometimes* simply acknowledging a thought is enough to solve it. If there are negative thoughts or feelings that are over 2 years old, congrats, you have trauma.

Getting Good Rest

Good sleep hygiene should be your highest priority on a daily basis outside an emergency. If you miss one night of sleep you lose half a week of productivity. Once the systems are in place they are easy to maintain, but that takes effort on your part.

What	Why	How
No screens before bed (2hr)	Hijacks dopamine	Find something boring to do instead.
No porn before bed (2hr)	Hijacks dopamine	It's called *morning* wood for a reason.
No food before bed (4hr)	Disturbs sleep	Use math, plan ahead, sleep good.
Make a "safe" space (10min)	Reduces stress	Look around tidy a little bit.
Clear your head (20min)	Reduces stress	Walk the block, give brain down time.
Don't have restless energy	Prevents sleep	Body wants physical exercise, do it.
Read boring book (20min)	Encourages sleep	Brain gets tired, brain wants sleep.
Bed is for sleep and sex only	Sleep training	Associate bed with sleep, sleep faster.

Physically Fit

As someone that was once 192 kg, I can assure you being physically fit will 100% increase your energy levels. You'll look better, live longer, and be happier. JUST. *FUCKING*. DO. IT.

Assistive Technology

Humans are lazy, we've been inventing more efficient ways of doing things since the beginning of time – which is a concept we created. Lean into your human ancestry, think a little, ask for help and reduce the amount of time each task takes. You've got a limited amount of time on this plant. Why spend 5 hours doing laundry by hand when you can get a washing machine?

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