

# Lockdown weekday in the life of Dan Cordina!



## Daddy Duty (06:00-07:30)

- Baby wakes up
- Feed and play with baby
- Quick walk to the park<sup>1</sup>
- Baby handover to my wife



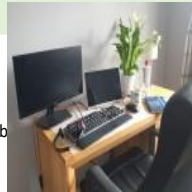
## Get ready for work (07:30-08:45)

- Spin class on bike in my garage<sup>1</sup> (30mins)
- Cool down and shower (30mins)
- Coffee and get ready for work (15mins)



## Morning Work (08:45-12:00)

- Various virtual calls internal and external (1.5 hours)
- Responding to emails (0.5 hours)
- 'Doing work' -outputs such as decks / excels / memos (1 hour)
- Informal chats via Teams / coffee breaks / reading news / catching up with wife and baby / getting out in garden<sup>1</sup>



## Lunch<sup>2</sup> (12:00-13:00)



- Feed baby while my wife makes lunch<sup>1</sup> (0.5 hours)
- Eat lunch and go on a quick walk to the park<sup>1</sup> (0.5 hours)



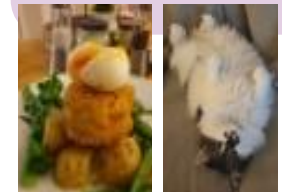
## Afternoon Work (13:00-18:00)

- Various virtual calls internal and external (2.5 hours)
- Responding to emails (1 hour)
- 'Doing work' -outputs such as decks / excels / memos (1.5 hour)
- Internal projects- business development and team leader role (1 hour)
- Informal chats via Teams / coffee breaks / reading news / catching up with wife and baby / getting out in garden<sup>1</sup>



## Evening wind-down<sup>3</sup> (18:00-22:30)

- Final bottle feed and put baby to sleep<sup>1</sup>
- Housework (mainly cleaning the kitchen and washing up baby stuff!)<sup>1</sup>
- Evening meal
- Watch TV<sup>1</sup>
- Go to bed



1. if time allows- does not happen every day!  
 2. Meetings and/or work commitments can result in an early lunch!  
 3. Realistically, sometimes I am required to work during this time but I try to limit it as much as possible