



A DAY IN THE LIFE

LIVE SHOW PRODUCER CANDI CARTER TAKES *PRODUCED BY* ALONG ON HER DAILY ROUTINE.

For Candi Carter, the showrunner of *Tamron Hall*, the day starts before dawn. The veteran producer—who worked her way up from CNN in Atlanta to a long-running stint producing *The Oprah Winfrey Show*, cofounded her own production company and executive-produced *The View*—often juggles multiple tapings in a day. Carter gives a glimpse into how she organizes her busy schedule and finds time to wind down after a long day.

4:30 a.m.

I wake up so that I can be downstairs by 4:45 a.m. to complete my morning workout in front of my Mirror Home Gym. I work out four or five times each week.

5:45 a.m.

I commute into Manhattan from New Jersey and I stop at the Starbucks on 8th Avenue for an English breakfast tea. I started the keto diet at the beginning of the pandemic, lost 10 pounds and never looked back!



6:45 a.m.

I usually arrive at the studio at 6:45 a.m. to prepare for the first meeting of the day.

7:30 a.m.

I brief Tamron on the day's episode. We tape five shows per week, and this happened to be a two-show day.

10 a.m.

Here I am sitting in my chair in the control room during the live show. For me, it takes three different office spaces to get the job done each day: my home office, the studio office and the control room.

11:30 a.m.

I catch up with my coworkers between taping the morning show, *My Teen's Secret Life*, and the afternoon show, *A Journalist's Double Life*.

12 p.m.

Time for a quick breakfast! I usually eat at my desk.

2:30 p.m.

I commute back home after the show is done taping. I work from my home office for a few hours, sometimes doing Zoom calls that can last late into the night.

8 p.m.

After wrapping a day of work, I like to relax for a bit before I go to bed. Crocheting has become a hobby of choice during the pandemic.

10:30 p.m.

Lights out! ■



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