

Item/Goal	Time (Duration)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake up	5:00 AM							
Stretch	5:15 AM							
Gym	6:00 AM							
Start getting ready for the day	7:30 AM							
Shower	7:45 AM							
Breakfast	8:20 AM							
Leave apartment	8:50 AM							
Begin Studies	9:15 AM							
Break time	11:00 AM							
Study	11:15 AM							
Work/Class	12:00 - 7:00 PM							
Get ready for bed & wind down	8:00 PM							
Read	(Optional)							
Journal	(Optional)							
Stretch	(Optional)							
Get in bed	9:00 PM							

Notes:
