

FULL WEEKLY FITNESS & LIFESTYLE SCHEDULE

Start Date: Monday (This Week)
Wake: 7:00 AM | Sleep: 12:00 AM (Fri–Sat 1:30 AM)

Monday

7:00 AM	Wake up, stretch, hydrate
7:20 AM	Breakfast – Protein Oat Bowl
9:00 AM	Gym (Push Day – Chest/Shoulders/Triceps, 1 hr 15 min)
10:30 AM	Shower and post-gym snack (Greek yogurt + honey)
12:30 PM	Lunch – Chicken Rice Bowl
1:30 PM	Commute to work
3:00 PM – 8:00 PM	Work shift
8:30 PM	Dinner – Turkey Pasta
9:30 PM	Light walk or homework (English paper prep)
11:00 PM	Relax / prepare for bed
12:00 AM	Sleep

Tuesday

7:00 AM	Wake up, stretch, hydrate
7:20 AM	Breakfast – Scrambled Eggs with Spinach & Toast
8:15 AM	Commute to college
9:35 AM – 11:00 AM	Math class
11:00 AM – 12:35 PM	Lunch – Beef Wrap
12:45 PM – 2:10 PM	English class
2:20 PM – 5:20 PM	MC Circuits class
5:30 PM	Commute home
6:30 PM	Gym (Pull Day – Back/Biceps, 1 hr 15 min)
8:00 PM	Dinner – Chicken Stir-Fry
9:00 PM	Homework / Study (1 hour)
10:30 PM	Snack – Apple + Peanut Butter
11:00 PM	Relax / shower
12:00 AM	Sleep

Wednesday

7:00 AM	Wake up, stretch, hydrate
7:20 AM	Breakfast – Smoothie (Protein, Banana, Oats, Milk, PB)
10:00 AM	Study or English paper finalization
12:00 PM	Lunch – Turkey Sandwich
1:00 PM	Commute to college
2:20 PM – 5:20 PM	Intro to Electric class
5:30 PM	Commute home
6:30 PM	Gym (Legs & Core, 1 hr 15 min)
8:00 PM	Dinner – Ground Beef Tacos
9:00 PM	Submit English paper, light walk
10:30 PM	Snack – Yogurt, handful of nuts
12:00 AM	Sleep

Thursday

7:00 AM	Wake up, stretch, hydrate
7:20 AM	Breakfast – Protein Oat Bowl
8:15 AM	Commute to college
9:35 AM – 11:00 AM	Math class
11:00 AM – 12:35 PM	Lunch – Chicken Rice Bowl
12:45 PM – 2:10 PM	English class
2:20 PM – 5:20 PM	MC Circuits class
5:30 PM	Commute home
6:30 PM	Movie at college (Sterling, Jordon, Yelaini) – social time
9:30 PM	Dinner – Turkey Pasta
11:00 PM	Relax / prep for Friday
12:00 AM	Sleep

Friday

9:00 AM	Wake up (later start), hydrate
9:20 AM	Breakfast – Scrambled Eggs with Spinach & Toast
10:00 AM	Gym (Full Body Conditioning, 1 hr 15 min)
11:30 AM	Post-gym snack – Protein shake + almonds

12:30 PM	Lunch – Beef Wrap
2:00 PM	Chores / light study
3:00 PM	Commute to work
3:30 PM – 11:00 PM	Work shift
11:30 PM	Dinner – Chicken Stir-Fry
1:30 AM	Sleep

Saturday

8:30 AM	Wake up, hydrate
9:00 AM	Breakfast – Smoothie (Protein, Banana, Oats, Milk, PB)
10:00 AM	Meal prep (chicken, rice, oats, veggies)
12:00 PM	Lunch – Turkey Sandwich
2:00 PM	Gym (Optional – Cardio/Active Recovery, 45 min walk)
3:30 PM	Snack – Yogurt + honey
4:30 PM – 9:00 PM	Work shift
9:30 PM	Dinner – Ground Beef Tacos
10:30 PM	Hang out with friends (social time)
1:30 AM	Sleep

Sunday

8:00 AM	Wake up, stretch, hydrate
8:20 AM	Breakfast – Protein Oat Bowl
9:00 AM	Meal prep for week (batch cook chicken, rice, pasta, veggies)
11:00 AM	Laundry / errands
12:30 PM	Lunch – Chicken Rice Bowl
2:00 PM	Gym (Push Day)
3:30 PM	Snack – Protein shake + almonds
5:00 PM	Relax / Free time
6:30 PM	Dinner – Turkey Pasta
8:00 PM	Prepare meals for Mon–Wed, plan week
10:30 PM	Relax / light reading
11:00 PM	Prepare for bed
11:30 PM	Sleep