* Monday
  + Exercise
  + Dinner with roommates
  + Journal
* Tuesday
  + Make a nice breakfast
  + Catch up on Netflix
  + Journal
* Wednesday
  + Exercise
  + BSA meeting
  + Journal
* Thursday
  + Morning stretching
  + NSBE meeting
  + ASA meeting
  + Journal
* Friday
  + Exercise
  + Read a book
  + Journal
* Saturday
  + Bike ride
  + Go out with friends
  + Journal
* Sunday
  + Cook
  + Hang out with friends
  + Journal