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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5-5.30 | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep |
| 5.30-6 | 6h Wake up | 6h Wake up | 6h Wake up | 6h Wake up | 6h Wake up | Sleep | Sleep |
| 6-6.30 | 6h5Yoga; 6h20Walking 1-2kms | 6h5Yoga; 6h20Walking 1-2kms | 6h10Swim | 6h5Yoga; 6h20Walking 1-2kms | 6h10Swim | 6h30Wake up | 6h30Wake up |
| 6.30-7 | 6h40Push up 2x15, Squat 2x20 | 6h40Push up 2x15, Squat 2x20 |  | 6h40Push up 2x15, Squat 2x20 |  | 6h45Yoga | 6h45Yoga |
| 7-7.30 | Break fast | Break fast | Break fast | Break fast | Break fast | Break fast. Start 24h | Break fast. End 24h full relax |
| 7.30-8 | Café; To do list; Start job 7h55 | Café; To do list; Start job 7h55 | Café; To do list; Start job 7h55 | Café; To do list; Start job 7h55 | Café; To do list; Start job 7h55 | Hospital |  |
| 8-8.30 | Learn programing priority 2 | Learn programing priority 2 | Learn programing priority 2 | Learn programing priority 2 | Learn programing priority 2 | Hospital |  |
| 8.30-9 | Task priority 1 | Learn programing priority 2 | Task priority 1 | Learn programing priority 2 | Task priority 1 | Hospital |  |
| 9-9.30 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 |  | Hospital |  |
|  |  |  |  |  | Task priority 1 |  |  |
| 9.30-10 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 | House work |  |
| 10-10.30 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 | House work |  |
| 10.30-11 | Learn programing priority 2 | Task priority 1 | Learn programing priority 2 | Task priority 1 | Learn programing priority 2 | House work |  |
| 11-11.30 | Task priority 1 | Learn programing priority 2 | Task priority 1 | Learn programing priority 2 | Learn programing priority 2 |  |  |
| 11.30-12 | Task priority 1 | Learn programing priority 2 | Task priority 1 | Learn programing priority 2 | Have lunch, relax |  |  |
| 12-12.30 | Have lunch, relax | Have lunch, relax | Have lunch, relax | Have lunch, relax | Have lunch, relax |  |  |
| 12.30-13 | Have lunch, relax | Have lunch, relax | Have lunch, relax | Have lunch, relax | Learn language priority 3 |  |  |
| 13-13.30 | Learn language priority 3 | Learn language priority 3 | Learn language priority 3 | Learn language priority 3 | Learn language priority 3 |  |  |
| 13.30-14 | Task priority 1 | Learn language priority 3 | Task priority 1 | Learn language priority 3 | Task priority 1 |  |  |
| 14-14.30 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 |  |  |
| 14.30-15 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 |  |  |
| 15-15.30 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 |  |  |  |
|  |  |  |  |  | Learn language priority 3 |  |  |
| 15.30-16 | Learn language priority 3 | Learn language priority 3 | Learn language priority 3 | Learn language priority 3 | Learn language priority 3 |  |  |
| 16-16.30 | Task priority 1 | Learn language priority 3 | Task priority 1 | Learn language priority 3 | Task priority 1 |  |  |
| 16.30-17 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 | Task priority 1 |  |  |
| 17-17.30 | Go to Cefalt English center | Task priority 1 | Go to Cefalt English center | Task priority 1 | Swim |  |  |
| 17.30-18 | I2Reading Skill | Swim | I2Writing Skill | Swim | Swim |  |  |
|  |  | Swim |  | Swim | Swim |  |  |
| 18-18.30 | I2Reading Skill | Swim | I2Writing Skill | Swim | Back to work (if need) |  |  |
| 18.30-19 | I2Reading Skill | Back to work (if need) | I2Writing Skill | Back to work (if need) | Back to work (if need) |  |  |
| 19-19.30 | I2 short break (walking 15mins) | Back to work (if need) | I2 short break (walking 15mins) | Back to work (if need) | Back to work (if need) |  |  |
| 19.30-20 | I2Listening Skill | Have dinner; Relax | I2Speaking Skill | Have dinner; Relax | Go home |  |  |
| 20-20.30 | I2Listening Skill | Have dinner; Relax | I2Speaking Skill | Have dinner; Relax | Go home |  |  |
| 20.30-21 | I2Listening Skill | Review master | I2Speaking Skill | Review master | Review master |  |  |
|  |  | Review master |  | Review master | Review master |  |  |
| 21-21.30 | Have dinner, Go home | Review master | Have dinner, Go home | Review master | Review master |  |  |
| 21.30-22 | Have dinner, Go home | Review Ielts | Have dinner, Go home | Review Ielts | Review Ielts |  |  |
| 22-22.30 | Audio book, Eng app; Eng Yout | Review Ielts | Audio book, Eng app; Eng Yout | Review Ielts | Review Ielts | Sleep |  |
| 22.30-23 | Sleep | Review Ielts | Sleep | Review Ielts | Review Ielts | Sleep |  |
| 23-23.30 | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep |
| 23.30-24 | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep |