## **Daily Schedule**

Week: Date Start Time: 4:00 AM

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
4:00 AM	Wake Up	Wake Up	Wake Up				
4:00 AM-	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer
5:00 AM							
5:00 AM-	Walking	Walking	Walking	Walking	Walking	Walking	Walking
6:00 AM							
6:00 AM-	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
7:00 AM							
7:00 AM-	Rest	Rest	Rest	Rest	Rest	Rest	Rest
7:30 AM							
7:30 AM-	Take	Take	Take	Take	Take Shower	Take	Take
8:00 AM	Shower	Shower	Shower	Shower		Shower	Shower
8:00 AM-	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 AM							
9:00 AM-	Work	Work	Work	Work	Work	Work	Personal
11:00 AM							Time
11:00 AM-	Rest	Rest	Rest	Rest	Rest	Rest	Rest
11:30 AM							
11:30 AM-	Work	Work	Work	Work	Work	Work	Personal
12:30 PM							Time
12:30 PM-	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer
1:30 PM							
1:30 PM-	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:30 PM							
2:30 PM-	Work	Work	Work	Work	Work	Work	Personal
4:00 PM							Time
4:00 PM-	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer
4:30 PM							
4:30 PM-	Work	Work	Work	Work	Work	Work	Personal
5:00 PM							Time
5:00 PM-	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer
5:30 PM							
5:30 PM-	Finish	Finish	Finish	Finish	Finish Work	Finish	Personal
6:00 PM	Work	Work	Work	Work		Work	Time
6:00 PM-	Personal	Personal	Personal	Personal	Personal Time	Personal	Personal
8:30 PM	Time	Time	Time	Time		Time	Time
8:30 PM-	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer
9:00 PM							

	9:00 PM-	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	10:00 PM							
Ī	10:00 PM	Sleep Time	Sleep	Sleep	Sleep	Sleep Time	Sleep Time	Sleep
			Time	Time	Time			Time