

	FT Dojo Daily Planner							
	(70-90 hours/wk) - Eastern Time							
	Diya Amour							
		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	6:00 AM							
	7:00	GYM	GYM	GYM	GYM	GYM	GYM	
	8:00 AM	GYM + Breakfast	GYM + Breakfast	GYM + Breakfast	GYM + Breakfast	GYM + Breakfast	GYM + Breakfast	
	9:00		Review Material	Review Material	Review Material	Review Material	Review Material	
	10:00 AM	Code	Code	Code	Code	Code	Code	Code
	11:00	Code	Class time	Class time	Class time	Class time	Class time	Code
	12:00 PM		Class time	Class time	Class time	Class time	Class time	
	13:00		Class time	Class time	Class time	Class time	Class time	Assignments
	2:00 PM	Assignments + Review	Class time	Class time	Class time	Class time	Class time	Assignments
	15:00	Assignments + Review	Class time	Class time	Class time	Class time	Class time	
	4:00 PM	Assignments + Review	Class time	Class time	Class time	Class time	Class time	
	17:00	Assignments + Review	Class time	Class time	Class time	Class time	Class time	
	6:00 PM	Assignments + Review	Class time	Class time	Class time	Class time	Class time	
	19:00	Assignments + Review	Class time	Class time	Class time	Class time	Class time	
	8:00 PM		Assignments + Review	Assignments + Review	Assignments + Review	Assignments + Review	Assignments + Review	
	21:00		Assignments + Review	Assignments + Review	Assignments + Review	Assignments + Review		
	10:00 PM		Assignments + Review	Assignments + Review	Assignments + Review	Assignments + Review		
	23:00		Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	