FT Dojo Daily Planner							
(70-90 hours/wk)							
[Write Your Name Here]							
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
6:00 AM	sleep	wake up and braekfast	sleep				
7:00	sleep	prepare myself and come to the training center	prepare myself and come to the training center	prepare myself and come to the training center	prepare myself and come to the training center	prepare myself and come to the training center	sleep
8:00 AM	family time	prepare myself and come to the training center	prepare myself and come to the training center	prepare myself and come to the training center	prepare myself and come to the training center	prepare myself and come to the training center	family time
9:00	family time	lecture	lecture	lecture	lecture	lecture	family time
10:00 AM	family time	lecture	lecture	lecture	lecture	lecture	family time
11:00	reviewing tasks and finishing assignments	lecture	lecture	lecture	lecture	lecture	reviewing tasks and finishing assignments
12:00 PM	reviewing tasks and finishing assignments	reviewing lecture	reviewing tasks and finishing assignments				
13:00	reviewing tasks and finishing assignments	reviewing lecture	reviewing tasks and finishing assignments				
2:00 PM	lunch	have lunch and take a break	lunch				
15:00	rest	reviewing lecture	rest				
4:00 PM	reviewing tasks and finishing assignments	CSM	CSM	CSM	CSM	CSM	reviewing tasks and finishing assignments
17:00	reviewing tasks and finishing assignments		doing assignments	doing assignments		doing assignments	reviewing tasks and finishing assignments
6:00 PM	reviewing tasks and finishing assignments		doing assignments	doing assignments		doing assignments	me time
19:00	reviewing tasks and finishing assignments	go to IBLV	doing assignments	doing assignments	go to IBLV	come back to bizerte	have some rest
8:00 PM	come to tunis		dinner	dinner		dinner	reviewing tasks and finishing assignments
21:00	reviewing tasks and finishing assignments		doing assignments	doing assignments		doing assignments	reviewing tasks and finishing assignments
10:00 PM	reviewing tasks and finishing assignments	rest and dinner	doing assignments	doing assignments	rest and dinner	doing assignments	family time
23:00	sleep	sleep	sleep	sleep	sleep	sleep	sleep