

	FT Dojo Daily Planner							
	(70-90 hours/wk) ET Zone							
	KRIS WALTER							
		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	6:00 AM			GYM	GYM	GYM		
	7:00		GET READY/ BREAKFAST	GET READY/ BREAKFAST	GET READY/ BREAKFAST	GET READY/ BREAKFAST	GET READY/ BREAKFAST	
	8:00 AM							
	9:00		WORK/STUDY	WORK/STUDY	WORK/STUDY	WORK/STUDY	WORK/STUDY	
	10:00 AM		OFFICE HRS	OFFICE HRS	OFFICE HRS	OFFICE HRS	OFFICE HRS	
	11:00							
	12:00 PM	WORK/STUDY	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	WORK/STUDY
	13:00							
	2:00 PM		LUNCH					
	15:00							
	4:00 PM		BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	
	17:00							
	6:00 PM							
	19:00		PERSONAL	PERSONAL	PERSONAL	PERSONAL		UNAVAILABLE
	8:00 PM							
	21:00						UNAVAILABLE	
	10:00 PM		WORK/STUDY	WORK/STUDY	WORK/STUDY	WORK/STUDY		
	23:00							