		F	Γ Dojo Da	ily Planne	er			
(70-90 hours/wk)								
	[Write Your Name Here]							
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
6:00 AM		wake up	wake up	wake up	wake up	wake up		
7:00		go out for work	go out for work	go out for work	go out for work	go out for work		
8:00 AM		work	work	work	work	work		
9:00		work	work	work	work	work		
10:00 AM		work	work	work	work	work		
11:00		work	work	work	work	work		
12:00 PM								
13:00								
2:00 PM		work	work	work	work	work		
15:00		work	work	work	work	work		
4:00 PM		work	work	work	work	work		
17:00		work	work	work	work	work		
6:00 PM		work	work	work	work	work		
19:00		plateform education	plateform edu	plateform edu	plateform edu	plateform education		
8:00 PM		plateform education	plateform edu	plateform edu	plateform edu	plateform education		
21:00		plateform education	plateform edu	plateform edu	plateform edu	plateform education	plateform edu	cation
10:00 PM		plateform education	plateform edu	plateform edu	plateform edu	plateform education	plateform edu	cation
23:00							plateform edu	cation