|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 181119 | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. | Sun. |
| 00:00-06:00  Sleep | 🗶 | ✓ | ✓ | 🗶 | 🗶 | 🗶 | 🗶 |
| 06:00-08:00  Workout | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 |
| 08:00-08:30  Shower | 🗶 | 🗶 | ✓ | 🗶 | 🗶 | 🗶 | 🗶 |
| 08:30-09:00  Breakfast | 🗶 | 🗶 | ✓ | 🗶 | 🗶 | 🗶 | 🗶 |
| 09:00-12:00  Physics | ✓ | 🗶 | ✓ | 🗶 | 🗶 | 🗶 | 🗶 |
| 12:00-13:00  Lunch | ✓ | ✓ | ✓ | 🗶 | 🗶 | 🗶 | 🗶 |
| 13:00-18:00  Physics | ✓ | ✓ | ✓ | 🗶 | 🗶 | 🗶 | 🗶 |
| 18:00-19:00  Dinner | ✓ | ✓ | ✓ | 🗶 | 🗶 | 🗶 | 🗶 |
| 19:00-23:00  Java | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 |
| Trip to Philly from Thu. to Sun. | | | | | | | |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 181126 | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. | Sun. |
| 00:00-06:00  Sleep | ✓ | ✓ | ✓ | ✓ | ✓ | 🗶 | 🗶 |
| 06:00-08:00  Workout | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 |
| 08:00-08:30  Shower | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 |
| 08:30-09:00  Breakfast | ✓ | ✓ | ✓ | ✓ | ✓ | 🗶 | 🗶 |
| 09:00-12:00  Physics | ✓ | ✓ | ✓ | 🗶 | ✓ | 🗶 | 🗶 |
| 12:00-13:00  Lunch | ✓ | ✓ | ✓ | ✓ | ✓ | 🗶 | 🗶 |
| 13:00-18:00  Physics | ✓ | ✓ | 🗶 | ✓ | ✓ | 🗶 | 🗶 |
| 18:00-19:00  Dinner | ✓ | ✓ | ✓ | ✓ | ✓ | 🗶 | 🗶 |
| 19:00-23:00  Java | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 | 🗶 |
| Trip to China from Sat. to Sun. | | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 181203 | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. | Sun. |
| 00:00-06:00  Sleep | 🗶 | 🗶 | 🗶 |  |  |  |  |
| 06:00-08:00  Workout | 🗶 | ✓ | ✓ |  |  |  |  |
| 08:00-08:30  Shower | 🗶 | ✓ | ✓ |  |  |  |  |
| 08:30-09:00  Breakfast | 🗶 | ✓ | ✓ |  |  |  |  |
| 09:00-12:00  Java | 🗶 | ✓ |  |  |  |  |  |
| 12:00-13:00  Lunch | 🗶 | ✓ |  |  |  |  |  |
| 13:00-18:00  Java | 🗶 | 🗶 |  |  |  |  |  |
| 18:00-19:00  Dinner | 🗶 | 🗶 |  |  |  |  |  |
| 19:00-23:00  Physics | 🗶 | 🗶 |  |  |  |  |  |
|  | | | | | | | |