

WAKE; contacts, coffee	9:25	DRV_SCH
5:05 PLAN	9:30	
5:10	9:35	
5:15 READ:	9:40	
5:20	9:45	
5:25 FLEX	9:50	WLK_LIB
5:30 POM_ROM:	9:55	
5:35	10:00	POM_SCH:
5:40	10:05	
5:45	10:10	
5:50	10:15	
5:55 POM_ROM:	10:20	
6:00	10:25	POM_SCH:
6:05	10:30	
6:10	10:35	
6:15	10:40	
6:20 BRK	10:45	
6:25	10:50	BRK
6:30 POM_ROM:	10:55	
6:35	11:00	POM_SCH:
6:40	11:05	
6:45	11:10	
6:50	11:15	
6:55 POM_ROM:	11:20	
7:00	11:25	POM_SCH:
7:05	11:30	
7:10	11:35	
7:15	11:40	
7:20 BRK	11:45	
7:25	11:50	WLK_CLS
7:30 POM_META_DEV:	11:55	
7:35	12:00	SCH_CLS
7:40	12:05	
7:45	12:10	
7:50	12:15	
7:55 POM_META_DEV:	12:20	
8:00	12:25	
8:05	12:30	
8:10	12:35	
8:15	12:40	
8:20 COOK_BL:	12:45	
8:25	12:50	
8:30	12:55	
8:35	1:00	
8:40	1:05	
8:45 EAT_B	1:10	
8:50	1:15	
8:55 CLN_MEAL	1:20	
9:00	1:25	
9:05 CLN_TEETH; CLN_BODY	1:30	
9:10	1:35	
9:15 ORS	1:40	
9:20 PACK: SCH	1:45	

WLK_CLS & EAT_L	6:15	FLEX
1:55	6:20	DRS
2:00	6:25	cardio
2:05	6:30	stretch
2:10	6:35	
2:15	6:40	weights
2:20	6:45	
2:25	6:50	
2:30	6:55	
2:35	7:00	
2:40	7:05	
2:45	7:10	
2:50	7:15	
2:55	7:20	CLN_BODY
3:00	7:25	
3:05	7:30	DRS
3:10	7:35	DRV_HOME
3:15	7:40	
3:20	7:45	
3:25	7:50	
3:30	7:55	
3:35	8:00	PACK
3:40	8:05	FLEX
3:45	8:10	BRK
3:50	8:15	COOK_D
3:55	8:20	
4:00	8:25	
4:05	8:30	
4:10	8:35	
4:15	8:40	
4:20	8:45	EAT_D & FUN
4:25	8:50	
4:30	8:55	
4:35	9:00	
4:40	9:05	
4:45	9:10	
4:50	9:15	
4:55	9:20	
5:00	9:25	
5:05	9:30	
5:10	9:35	
5:15	9:40	
5:20	9:45	CLN_MEAL
5:25	9:50	
5:30	9:55	contacts; CLN_TEETH
5:35	10:00	CLN_FACE
5:40	10:05	set alarm; SLP
5:45	10:10	
5:50	10:15	
5:55	10:20	
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6:10	10:35	

5:00 WAKE; contacts, coffee
5:05 PLAN
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5:15 READ:
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5:25 FLEX
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6:20 BRK
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6:30 POM_ROM:
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7:20 BRK
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8:20
8:25
8:30 BRK
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8:40 shave
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8:55 CLN_BODY
9:00
9:05 DRS
9:10 PACK: SCH
9:15 DRV_SCH
9:20

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9:45 WLK_SCH
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10:00 SCH_CLS
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11:20 WLK_LIB
11:25 FLEX
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11:35 POM_SCH:
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12:00 POM_SCH:
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12:35 POM_SCH:
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5:00 WAKE; contacts, coffee
5:05 PLAN
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5:15 READ:
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5:25 FLEX
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6:20 BRK
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7:55 POM_META_DEV:
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8:55 CLN_MEAL
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9:05 CLN_TEETH; CLN_BODY
9:10
9:15 DRS
9:20 PACK: SCH

9:25 DRV_SCH
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12:00 BRK
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12:10 POM_SCH:
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12:35 POM_SCH:
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1:40 POM_SCH:
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1:55		6:15		1:50		6:15	
2:00	POM_SCH:	6:20		1:55	WLK_CAR	6:20	
2:05		6:25		2:00		6:25	
2:10		6:30		2:05	DRV_GYM	6:30	BRK
2:15		6:35		2:10		6:35	
2:20		6:40		2:15		6:40	POM_META_DEV:
2:25	BRK	6:45		2:20	FLEX	6:45	
2:30		6:50		2:25	DRS	6:50	
2:35	POM_SCH:	6:55	CLN_BODY	2:30	cardio	6:55	
2:40		7:00		2:35	stretch	7:00	
2:45		7:05	DRS	2:40		7:05	POM_META_DEV:
2:50		7:10	PLAN	2:45	weights	7:10	
2:55		7:15	DRV_HOME	2:50		7:15	
3:00	POM_SCH:	7:20		2:55		7:20	
3:05		7:25		3:00		7:25	
3:10		7:30		3:05		7:30	BRK
3:15		7:35		3:10		7:35	
3:20		7:40		3:15		7:40	POM_META_DEV:
3:25	FLEX	7:45	PCK	3:20		7:45	
3:30		7:50	FLEX	3:25	CLN_BODY	7:50	
3:35		7:55		3:30		7:55	
3:40		8:00	BRK	3:35	DRS	8:00	
3:45	WLK_CLS	8:05		3:40	DRV_HOME	8:05	BRK
3:50		8:10	POM_CHR	3:45		8:10	
3:55		8:15		3:50		8:15	COOK_D
4:00	SCH_CLS	8:20		3:55		8:20	
4:05		8:25		4:00		8:25	
4:10		8:30		4:05	PACK	8:30	
4:15		8:35		4:10	FLEX; BRK	8:35	
4:20		8:40		4:15		8:40	
4:25		8:45		4:20	POM_ROM:	8:45	EAT_D & FUN
4:30		8:50		4:25		8:50	
4:35		8:55		4:30		8:55	
4:40		9:00	FUN	4:35		9:00	
4:45		9:05		4:40		9:05	
4:50		9:10		4:45		9:10	
4:55		9:15		4:50		9:15	
5:00		9:20		4:55	POM_ROM:	9:20	
5:05		9:25		5:00		9:25	
5:10		9:30		5:05		9:30	
5:15		9:35		5:10		9:35	
5:20	WLK_CAR	9:40		5:15		9:40	
5:25		9:45		5:20	BRK	9:45	CLN_MEAL
5:30		9:50		5:25		9:50	
5:35	DRV_GYM	9:55	contacts; CLN_TEETH	5:30	POM_ROM:	9:55	contacts; CLN_TEETH
5:40		10:00	CLN_FACE	5:35		10:00	CLN_FACE
5:45		10:05	set alarm; SLP	5:40		10:05	set alarm; SLP
5:50	DRS	10:10		5:45		10:10	
5:55	cardio	10:15		5:50		10:15	
6:00	stretch	10:20		5:55		10:20	
6:05		10:25		6:00		10:25	
6:10	weights	10:30		6:05	POM_ROM:	10:30	
		10:35		6:10		10:35	