IDEAL **WEEK**

NAME ***DATE***

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	5 AM - 6 AM	Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine
	6 AM - 7 AM	Exercise	Exercise	Exercise	Exercise	Exercise		
	7 AM - 8 AM	Work Starts	Work Starts	Work Starts	Work Starts	Work Starts		
	8 AM - 9 AM							
	9 AM - 10 AM							
	10 AM - 11 AM							
	11 AM - 12 PM							
AFTERNOON	12 PM - 1 PM	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break		
	1 PM - 2 PM							
	2 PM - 3 PM							
	3 PM - 4 PM							
	4 PM - 5 PM	Work Stops	Work Stops	Work Stops	Work Stops	Work Stops		
	5 PM - 6 PM							
	6 PM - 7 PM							
EVENING	7 PM - 8 PM							
	8 PM - 9 PM	Get Into Bed	Get Into Bed	Get Into Bed	Get Into Bed	Get Into Bed	Get Into Bed	Get Into Bed
	9 PM - 10 PM							
	10 PM - 11 PM							
	11 PM - 12 AM							

Rest Day

Family/Fun Day