

Weekly Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am							
8:00							
9:00							
10:00							
11:00							
12:00 noon							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 midnight							
1:00							

*Remember to include time for self-care - sleep, friends, food, fun and more!