

Week of : _____

| | MON | TUE | WED | THUR | FRI | SAT | SUN |
|--------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|----------------------------|-----|
| 6-7AM | Exercise, Get Ready | Exercise, Get Ready | Exercise, Get Ready | Exercise, Get Ready | Exercise, Get Ready | Exercise, Get Ready | |
| 7-8 | Breakfast Read Paper | Breakfast Read Paper | Breakfast Read Paper | Breakfast Read Paper | Breakfast Meeting | Breakfast Read Paper | |
| 8-9 | Answer Mail Return Phone Calls | Answer Mail Return Phone Calls | Answer Mail Return Phone Calls | Answer Mail Return Phone Calls | Answer Mail Return Phone Calls | | |
| 9-10 | Work on Projects | Work on Projects | Work on Projects | Work on Projects | Work on Projects | | |
| 10-11 | | | | | | | |
| 11-12 | | | | | | | |
| 12-1PM | L | U | N | C | H | | |
| 1-2 | Appts. Errands | Appts. Errands | Appts. Errands | Appts. Errands | Appts. Errands | | |
| 2-3 | | | | | | | |
| 3-4 | | | | | | | |
| 4-5 | Finish Paperwork | Finish Paperwork | Finish Paperwork | Finish Paperwork | Finish Paperwork | | |
| 5-6 | Commute | Commute | Commute | Commute | Commute | | |
| 6-7 | Dinner Dishes | Dinner Dishes | Dinner Dishes | Dinner Dishes | Dinner Dishes | | |
| 7-8 | | | | | | | |
| 8-9 | | | | | | | |
| 9-10 | | | | | | | |

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