

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							
7-8	Breakfast Read Paper	Breakfast Meeting	Breakfast	Breakfast	Breakfast Read Paper							
8-9	Answer Mail Return Phone Calls	Answer Mail	Answer Mail	Answer Mail								
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												