

Perfect Week Plan

		Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
MORNING	5 AM - 6 AM						
	6 AM - 7 AM						
	7 AM - 8 AM						
	8 AM - 9 AM						
	9 AM - 10 AM						
	11 AM - 12 PM						
AFTERNOON	12 PM - 1 PM						
	1 PM - 2 PM						
	2 PM - 3 PM						
	3 PM - 4 PM						
	4 PM - 5 PM						
EVENING	5 PM - 6 PM						
	6 PM - 7 PM						
	7 PM - 8 PM						
	8 PM - 9 PM						
	9 PM - 10 PM						