

	Sunday	Monday	Tuesday	Wednesday	Thursday
Time					
4:00 AM					
4:30 AM					
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM		WAKE UP, PRAY, READ, EXERCISE			
7:30 AM					
8:00 AM		SHOWER, BREAKFAST, CLEAN-UP			
8:30 AM		COMMUTE TO WORK			
9:00 AM					
9:30 AM					
10:00 AM	CHURCH				
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM		WORK			
4:30 PM					
5:00 PM		COMMUTE HOME			
5:30 PM					
6:00 PM		DINNER, RELAX			
6:30 PM					
7:00 PM			SPORTS NIGHT		DATE NIGHT
7:30 PM					
8:00 PM					
8:30 PM				PAY BILLS	
9:00 PM					
9:30 PM					
10:00 PM					
10:30 PM					
11:00 PM		SLEEP			

