

## Weekly planning

	Monday OFF	Tuesday IN	Wednesday IN	Thursday IN	Friday ON	Saturday	Sunday	
<i>First thing</i> (8.00-9.00am)	Cards	Cards	Cards Washing	Cards	Cards Gym	Weekend washing		
<b>START</b>		9.00am	9.00am	9.00am	9.00am			
<i>Early morning</i> (9.00 - 10.30am)		Session Lisa	Golden hour	Session Lyn	Golden hour			
<b>BREAK</b> (10.30-11.00am)								
<i>Late morning</i> (11.00am-12.30pm)	Gym	Golden hour	Session Jenny	Golden hour	My coaching			
<b>LUNCH</b> (12.30-1.30pm)		Walk	Accountability	Walk				
<i>Early afternoon</i> (1.30-3.00pm)	Shopping	Session Maisie	Gym	Coffee with Louise	Session Rachel	Boys' rugby	Mum for lunch	
<b>BREAK</b> (3.00 - 3.15pm)								
<i>Mid afternoon</i> (3.15 - 4.45pm)		ASM work	Catch up/get ahead	Session Bronwyn	SOS session			Meal planning
<b>BREAK</b> (4.45 - 5.00pm)								Parent pay
<i>Late afternoon</i> (5.00-6.00pm)		Catch up/get ahead	Session Sally	ASM work				
<b>FINISH</b>		6.00pm	6.00pm	6.00pm	5.00pm			
<i>Evening</i>	Dinner Lifesaving	Dinner Rugby training	Dinner Gymnastics	Dinner Rugby training Shopping	Out with the girls	Catch up with friends		