Weekly plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First thing							
Early morning							
morning							
BREAK							
Late							
morning							
LUNCH						_	
LUNCH							
Early							
afternoon							
BREAK							
Míð							
afternoon							
BREAK							
Late						4	
afternoon							
15,007,000,0							
Evening							
9							

Weekly plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First thing							
Early							
morning							
BREAK							
Late							
morning							
LUNCH							
Early							
afternoon							
BREAK							
Míd							
afternoon							
00747							
BREAK							
Late							
afternoon							
Evening							
2,5,0,0,0							