

Weekly plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>First thing</i>							
<i>Early morning</i>							
<i>BREAK</i>							
<i>Late morning</i>							
<i>LUNCH</i>							
<i>Early afternoon</i>							
<i>BREAK</i>							
<i>Mid afternoon</i>							
<i>BREAK</i>							
<i>Late afternoon</i>							
<i>Evening</i>							

Weekly plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>First thing</i>							
<i>Early morning</i>							
<i>BREAK</i>							
<i>Late morning</i>							
<i>LUNCH</i>							
<i>Early afternoon</i>							
<i>BREAK</i>							
<i>Mid afternoon</i>							
<i>BREAK</i>							
<i>Late afternoon</i>							
<i>Evening</i>							