

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 - 10am							
10 - 12pm							
12 - 2pm							
2 - 4pm							
4 - 6pm							
6 - 8pm							
8 - 10pm							

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 - 10am	Morning Routine	Morning Routine <small>Travel time 20 minutes</small>	Morning Routine <small>Travel time 20 minutes</small>	Morning Routine <small>Travel time 20 minutes</small>	Morning Routine	Morning Routine	Morning Routine
10 - 12pm		Work	Doctors Appointment <small>Travel time 20 minutes</small>	Work			
12 - 2pm		Work		Work			
2 - 4pm		<small>Travel time 20 minutes</small> Rest Break		<small>Travel time 20 minutes</small> Rest Break			
4 - 6pm							
6 - 8pm					Family Dinner		
8 - 10pm					Family Dinner		

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 - 10am	Morning Routine	Morning Routine <small>Travel time 20 minutes</small>	Morning Routine <small>Travel time 20 minutes</small>	Morning Routine <small>Travel time 20 minutes</small>	Morning Routine	Morning Routine	Morning Routine
10 - 12pm		Work	Doctors Appointment <small>Travel time 20 minutes</small>	Work			
12 - 2pm		Work		Work			
2 - 4pm		<small>Travel time 20 minutes</small> Rest Break		<small>Travel time 20 minutes</small> Rest Break			
4 - 6pm	Exercise Routine <small>Rest & Recover</small>	Exercise Routine <small>Rest & Recover</small>	Exercise Routine <small>Rest & Recover</small>	Exercise Routine <small>Rest & Recover</small>	Exercise Routine <small>Prepare table for family dinner - take a break before they arrive</small>	Exercise Routine <small>Rest & Recover</small>	Exercise Routine <small>Rest & Recover</small>
6 - 8pm					Family Dinner		
8 - 10pm	Sleep Routine	Sleep Routine	Sleep Routine	Sleep Routine	Family Dinner Sleep Routine	Sleep Routine	Sleep Routine

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 - 10am	Morning Routine	Morning Routine Travel time 20 minutes	Morning Routine Travel time 20 minutes	Morning Routine Travel time 20 minutes	Morning Routine	Morning Routine	Morning Routine
10 - 12pm		Work	Doctors Appointment Travel time 20 minutes	Work			
12 - 2pm		Work		Work		Travel time 30 minutes	
2 - 4pm		Travel time 20 minutes Rest Break		Travel time 20 minutes Rest Break		Aquatic Program Travel time 30 minutes	
4 - 6pm	Exercise Routine Rest & Recover	Exercise Routine Rest & Recover	Exercise Routine Rest & Recover	Exercise Routine Rest & Recover	Exercise Routine Prepare table for family dinner - take a break before they arrive	Exercise Routine Rest & Recover	Exercise Routine Rest & Recover
6 - 8pm	Relaxation Exercise Assess need for 'ammunition' and follow through	Assess need for 'ammunition' and follow through	Assess need for 'ammunition' and follow through	Relaxation Exercise Assess need for 'ammunition' and follow through	Family Dinner Assess need for 'ammunition' and follow through	Relaxation Exercise Assess need for 'ammunition' and follow through	Relaxation Exercise Assess need for 'ammunition' and follow through
8 - 10pm	Sleep Routine	Sleep Routine	Sleep Routine	Sleep Routine	Family Dinner Sleep Routine	Sleep Routine	Sleep Routine