

IDEAL WEEK

Themes		SUN	MON	TUES	WED	THUR	FRI	SAT
<i>Spiritual/You</i>	05:00 - 05:30							
	05:30 - 06:00							
	06:00 - 06:30							
	06:30 - 07:00							
	07:00 - 07:30							
<i>Work</i>	07:30 - 08:00							
	08:00 - 08:30							
	08:30 - 09:00							
	09:00 - 09:30							
	09:30 - 10:00							
	10:00 - 10:30							
	10:30 - 11:00							
	11:00 - 11:30							
	11:30 - 12:00							
	12:00 - 12:30							
	12:30 - 01:00							
	01:00 - 01:30							
	01:30 - 02:00							
	02:00 - 02:30							
	02:30 - 03:00							
	03:00 - 03:30							
	03:30 - 04:00							
	04:00 - 04:30							
04:30 - 05:00								
<i>Family, Friends, Planning</i>	05:00 - 05:30							
	05:30 - 06:00							
	06:00 - 06:30							
	06:30 - 07:00							
	07:00 - 07:30							
	07:30 - 08:00							
	08:00 - 08:30							
	08:30 - 09:00							
	09:00 - 10:00							