

Time	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
5am							
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm	SLEEP						
5am							

Schedule ALL your activities: appointments, errands, exercise, meals, meditation, relationships, social events, travel, work meetings, ...