

# weekly schedule example

## MY SCHEDULE

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
12am	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
1am							
2am							
3am							
4am							
5am		MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE	MORNING ROUTINE	
6am		EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	
7am		DROP OFF BOYS	DROP OFF BOYS	DROP OFF BOYS	DROP OFF BOYS	DROP OFF BOYS	
8am	MORNING ROUTINE	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS	MORNING ROUTINE
9am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10am	DEEP CLEAN	CHORES	CHORES	CHORES	CHORES	CHORES	
11am							
12pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1pm		PICK UP BOYS	PICK UP BOYS	PICK UP BOYS	PICK UP BOYS	PICK UP BOYS	
2pm		HOMEWORK/AC-	HOMEWORK/AC-	HOMEWORK/AC-	HOMEWORK/AC-	HOMEWORK/AC-	
3pm							
4pm	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS	WORK
5pm							
6pm	DINNER	DINNER	DINNER	DINNER	DINNER	SOCCER	DINNER
7pm	EVENING ROU-	EVENING ROUNTINE	EVENING ROUNTINE	EVENING ROUNTINE	EVENING ROUNTINE	DINNER	
8pm						EVENING ROUN-	EVENING ROUTINE
9pm							
10pm	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
11pm							