

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0600							
0700							
0800							
0900							
1000							
1100							
1200							
1300							
1400							
1500							
1600							
1700							

1800				
1900				
2000				
2100				
2200				
2300				
0000				

Planning Tips:

- 1. Plan in small blocks.
- 2. Plan with the end in mind.
- 3. Be precise.
- 4. Be flexible.

