

IDEAL WEEKLY PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
05.00								05.00
06.00								06.00
07.00								07.00
08.00								08.00
09.00								09.00
10.00								10.00
11.00								11.00
12.00								12.00
13.00								13.00
14.00								14.00
15.00								15.00
16.00								16.00
17.00								17.00
18.00								18.00
19.00								19.00
20.00								20.00
21.00								21.00
22.00								22.00
23.00								23.00
00.00								00.00