

# My Ideal Week

|            | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------|--------|---------|-----------|----------|--------|----------|--------|
| AM<br>6:00 |        |         |           |          |        |          |        |
| 7:00       |        |         |           |          |        |          |        |
| 8:00       |        |         |           |          |        |          |        |
| 9:00       |        |         |           |          |        |          |        |
| 10:00      |        |         |           |          |        |          |        |
| 11:00      |        |         |           |          |        |          |        |
| PM         |        |         |           |          |        |          |        |
| 12:00      |        |         |           |          |        |          |        |
| 1:00       |        |         |           |          |        |          |        |
| 2:00       |        |         |           |          |        |          |        |
| 3:00       |        |         |           |          |        |          |        |
| 4:00       |        |         |           |          |        |          |        |
| 5:00       |        |         |           |          |        |          |        |
| 6:00       |        |         |           |          |        |          |        |
| 7:00       |        |         |           |          |        |          |        |
| 8:00       |        |         |           |          |        |          |        |
| 9:00       |        |         |           |          |        |          |        |
| 10:00      |        |         |           |          |        |          |        |

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