

Thursday

DATE :

SCHEDULE

| | |
|----------|--|
| 7:00 AM | |
| 8:00 AM | |
| 9:00 AM | |
| 10:00 AM | |
| 11:00 AM | |
| 12:00 PM | |
| 1:00 PM | |
| 2:00 PM | |
| 3:00 PM | |
| 4:00 PM | |
| 5:00 PM | |
| 6:00 PM | |
| 7:00 PM | |
| 8:00 PM | |
| 9:00 PM | |
| 10:00 PM | |
| 11:00 PM | |

GOALS

- ☐
- ☐
- ☐

TO DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

MEALS

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