|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 8:00 |  |  |  |  |  |  |  |
| 8:30 |  |  |  |  |  |  |  |
| 9:00 |  |  |  |  |  |  |  |
| 9:30 |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |
| 10:30 |  |  |  |  |  |  |  |
| 11:00 |  |  |  |  |  |  |  |
| 11:30 |  |  |  |  |  |  |  |
| 12:00 |  |  |  |  |  |  |  |
| 12:30 |  |  |  |  |  |  |  |
| 1:00 |  |  |  |  |  |  |  |
| 1:30 |  |  |  |  |  |  |  |
| 2:00 |  |  |  |  |  |  |  |
| 2:30 |  |  |  |  |  |  |  |
| 3:00 |  |  |  |  |  |  |  |
| 3:30 |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |
| 4:30 |  |  |  |  |  |  |  |
| 5:00 |  |  |  |  |  |  |  |
| 5:30 |  |  |  |  |  |  |  |
| 6:00 |  |  |  |  |  |  |  |
| 6:30 |  |  |  |  |  |  |  |
| 7:00 |  |  |  |  |  |  |  |
| 7:30 |  |  |  |  |  |  |  |
| 8:00 |  |  |  |  |  |  |  |
| 8:30 |  |  |  |  |  |  |  |
| 9:00 |  |  |  |  |  |  |  |
| 9:30 |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |
| 10:30 |  |  |  |  |  |  |  |
| 11:00 |  |  |  |  |  |  |  |

 **Ideal Weekly Plan**