



# WEEKLY PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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							



# WEEKLY PLANNER (Example)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00 - 07:00		Run / HIIT			Run / HIIT		
07:00 - 08:00							
08:00 - 09:00						Kid's Club	
09:00 - 10:00	Work	Work	Work	Work	Work	Kid's Club	
10:00 - 11:00	Work	Work	Work	Work	Work	Kid's Club	Kid's Party
11:00 - 12:00	Work	Work	Work	Work	Work		Kid's Party
12:00 - 13:00	Work	Work	Lunch	Work	Work		Lunch with Family
13:00 - 14:00	Work	Lunch	Work	Lunch	Lunch		Lunch with Family
14:00 - 15:00	Lunch	Work	Work	Work			Lunch with Family
15:00 - 16:00	Work	Work	Work	Work	Facial		
16:00 - 17:00	Work	Work	Work	Work			
17:00 - 18:00				Parent's Evening		Date Night	
18:00 - 19:00	Dinner	Dinner	Dinner	Parent's Evening		Date Night	
19:00 - 20:00		Evening Class		Dinner	Dinner	Date Night	
20:00 - 21:00		Evening Class				Date Night	
21:00 - 22:00						Date Night	