WEEKLY PLANNER

Day planner							
TIME	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**	**SUNDAY**
6.30							
7.00							
7.30							
4.00							
4.30							
5.00							
5.30							
6.00							
6.30							
7.00							
7.30							
8.00							
8.30							
9.00	Rest and Bed	Rest and Bed	Rest and Bed	Rest and Bed	Rest and Bed		