

Week # _____

	Work = W	Rest = R	Exercise = E	Meals = M	Social = S	Family = F	Planning = P
	Journal/Prayer / Quiet = J	Income Producing = IP	Research/ Study = RS	Sales/ Marketing = SM	Product Development = PD	Entertainment = EN	Other = O
Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							

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Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
12:00 PM							
12:30 PM							
1:00 PM							
1:30:PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							

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Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							