Weekly Plan Sheet

Name: Ellen **Week of:** July 14 - 30

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
7:00 AM	AM ROUTING ↓	AM ROUTING ↓	AM ROUTING ↓	AM ROUTING ↓	AM ROUTING ↓	AM ROUTIN ↓	AM ROUTIN ↓
8:00 AM							
9:00 AM						WALK W/ MOLLY + OLIVIA	
10:00 AM							
11:00 AM				COACHING CALL			
12:00 PM							
1:00 PM			PARO WEEKLY CALL				
2:00 PM				CMP INFO SESSION		CMP INFO SESSION	
3:00 PM							
4:00 PM							
5:00 PM					CMP INFO SESSION		
6:00 PM					PREP FOR ↓		
7:00 PM		PREP FOR ↓			CMP STUDY GROUP ↓		
8:00 PM		CMP STUDY GROUP ↓			↓		
9:00 PM		↓			↓		
10:00 PM							
	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP