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			LUNCH				
1:00 PM	LUNCH	LUNCH	PMRO WEEKLY CALL	LUNCH	LUNCH	LUNCH	LUNCH
2:00 PM				CMP INFO SESSION		CMP INFO SESSION	
3:00 PM							
4:00 PM							
5:00 PM					CMP INFO SESSION		
6:00 PM		DINNER			PREP FOR DINNER		
7:00 PM	DINNER	PREP FOR CMP STUDY GROUP ↓	DINNER	DINNER	CMP STUDY GROUP ↓	DINNER	DINNER
8:00 PM							
9:00 PM							
10:00 PM							
	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP