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 ROUTINE	AM ROUTINE	AM ROUTINE	AM ROUTINE	AM ROUTINE	AM ROUTIN	AM ROUTIN
8:00 AM							
9:00 AM			PRIME DAY			WALK w/ MOLLY + OLIVIA	
10:00 AM		PRIME DAY					
11:00 AM				COACHING CALL			
12:00 PM			LUNCH			GOOD WILL	
1:00 PM	LUNCH	LUNCH	PHRO WEEKLY CALL	LUNCH	LUNCH	LUNCH	LUNCH
2:00 PM	CLOSOUT			CMP INFO SESSION		CMP INFO SESSION	
3:00 PM		WRITE QUESTIONS	WRITE QUESTIONS	TIME MNGT	WRITE QUESTIONS		
4:00 PM					MEDITATE		
5:00 PM		MEDITATE			CMP INFO SESSION		
6:00 PM		DINNER			PREP FOR/ DINNER		
7:00 PM	DINNER	PREP FOR	DINNER	DINNER	CMP STUDY GROUP	DINNER	DINNER
8:00 PM		CMP STUDY GROUP					
9:00 PM							
10:00 PM							
	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP