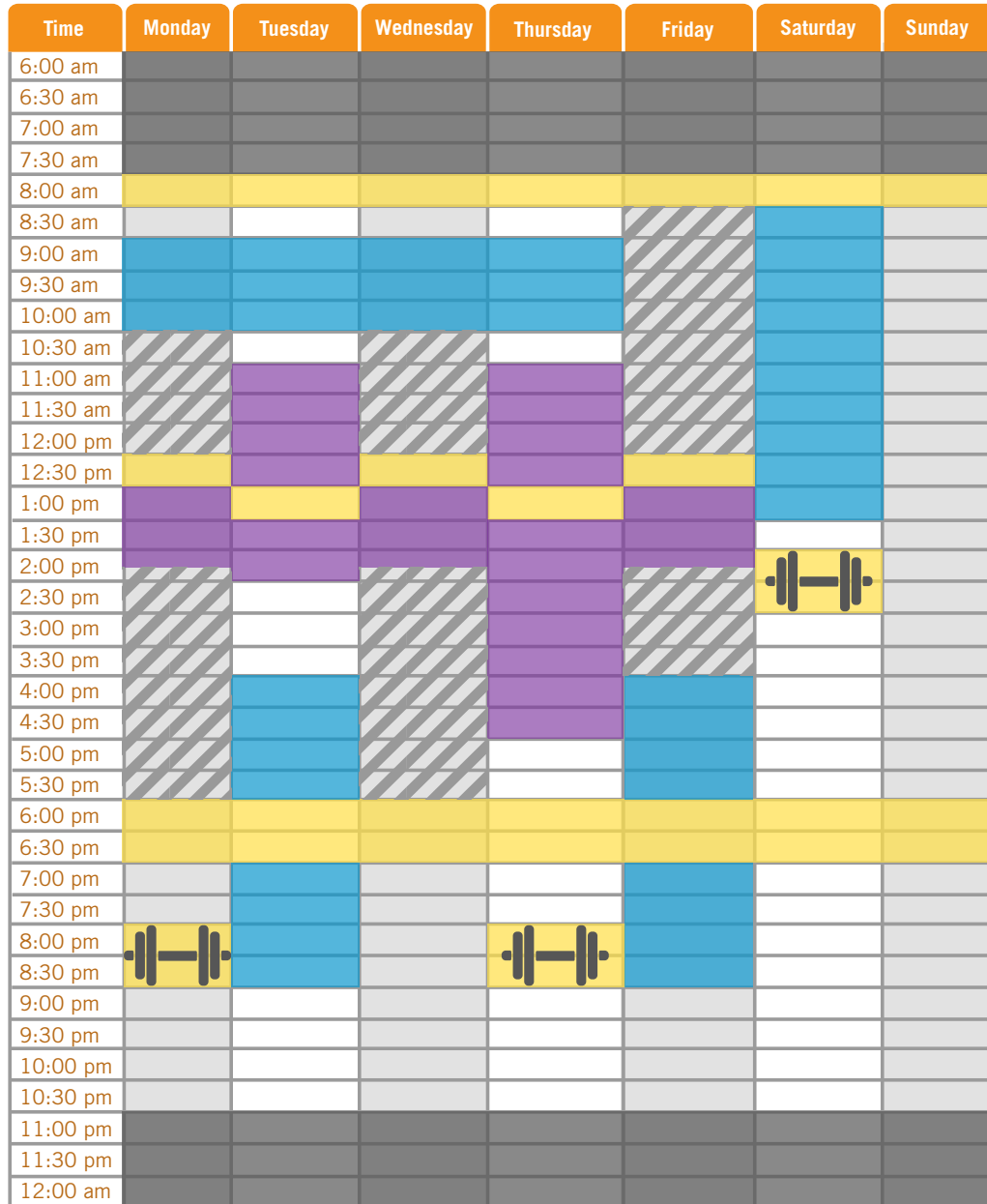


How do I fit it all in?

School Day = Work Day



- ✓ 15 Credits
- ✓ Workout
- ✓ 8 Hours of sleep
- ✓ 15 Hours of work
- ✓ 15+ Hours of study time
- ✓ Enjoys (well earned) free time
- Classes
- Self-care, meals, workouts
- Sleep
- Work
- Use the school day = Work day 9-5 strategy
- Free time

CREATING
YOUR IDEAL

WEEKLY
SCHEDULE

WEEKLY SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|---------|-----------|----------|--------|----------|--------|
| 6:00 am | | | | | | | |
| 6:30 am | | | | | | | |
| 7:00 am | | | | | | | |
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| 8:00 am | | | | | | | |
| 8:30 am | | | | | | | |
| 9:00 am | | | | | | | |
| 9:30 am | | | | | | | |
| 10:00 am | | | | | | | |
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| 11:00 am | | | | | | | |
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| 12:00 pm | | | | | | | |
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| 2:00 pm | | | | | | | |
| 2:30 pm | | | | | | | |
| 3:00 pm | | | | | | | |
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| 12:00 am | | | | | | | |