

MY WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30							
5AM							
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6AM							
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7AM							
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9PM							
9:30							
10PM							
10:30							
11PM							

TO DO

GOALS FOR THE WEEK

LEGEND

UP, BREAKFAST
TRAVEL (SCHOOL)
TRAVEL (OTHER)
SCHOOL
HOMEWORK
STUDY TIME
INTERNET
RELAX
WATCH TV
SOCIAL TIME
FAMILY TIME
FRIENDS
LUNCH
DINNER
TRAINING
GYM
SLEEP