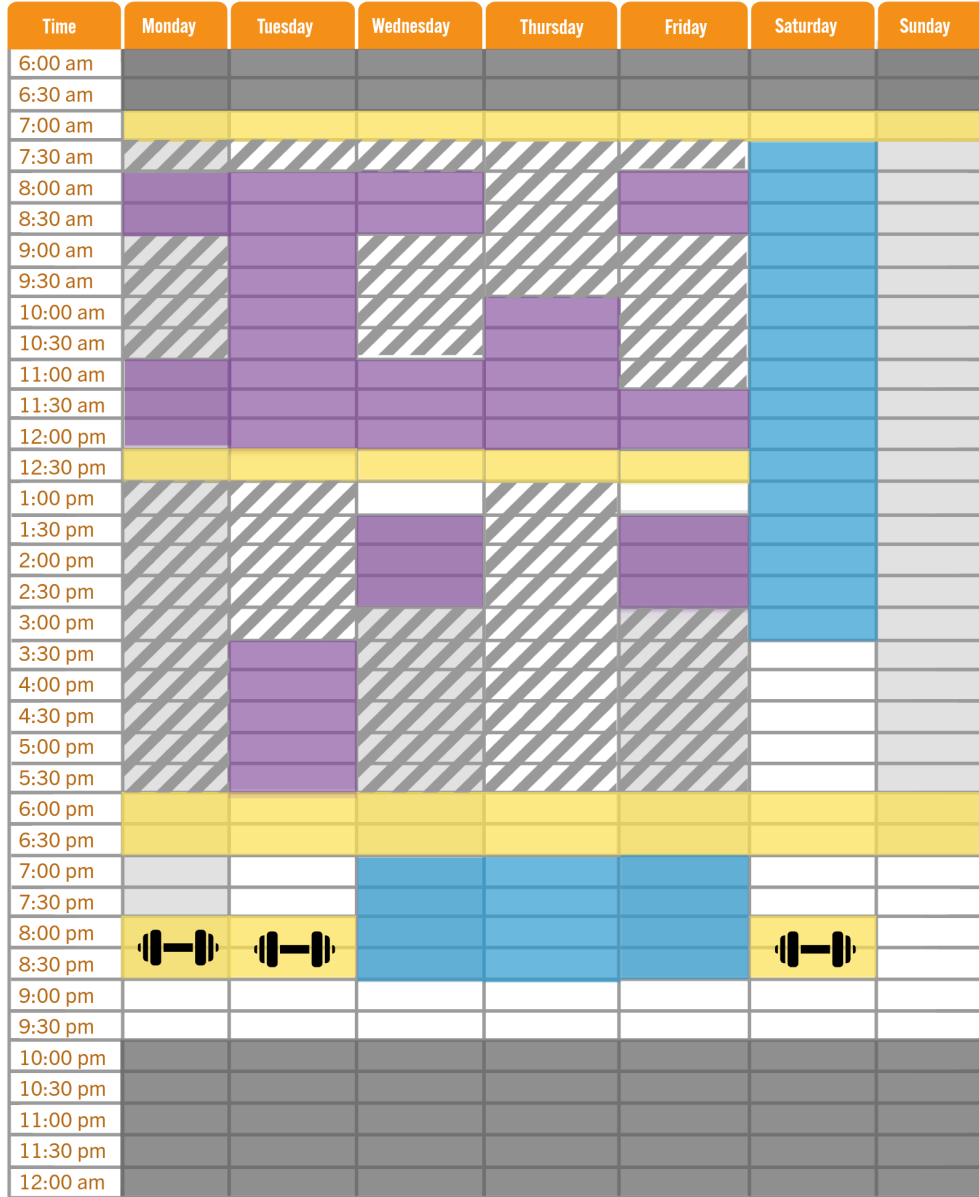


How do I fit it all in?

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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