

## MY WEEKLY SCHEDULE *(example)*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6AM	UP, BREAKFAST	SLEEP	UP, BREAKFAST	SLEEP	SLEEP	SLEEP	SLEEP	
7AM	RUN	UP, BREAKFAST	RUN	UP, BREAKFAST	UP, BREAKFAST			
8AM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	UP, BREAKFAST		
9AM						TRAINING	UP, BREAKFAST	
10AM							RELAX	
11AM						CRICKET		
12PM						COACHING	EAT	
1PM								
2PM						EAT		
3PM		SLEEP	CRICKET					
4PM	SOCIAL TIME	TRAINING	VIDEO GAMES	TRAINING	CRICKET	HOMEWORK	SOCIAL TIME	
5PM								
6PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
7PM	HOMEWORK	TV	HOMEWORK	TV	SOCIAL TIME	FREE	FAMILY TIME	
8PM		HOMEWORK		HOMEWORK				TV
9PM	INTERNET	SLEEP	INTERNET	SLEEP				HOMEWORK
10PM	SLEEP		SLEEP		SLEEP	SLEEP	SLEEP	