e3 Professional Trainers

DAILY TIME BUDGET

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 - 6:30AM							
6:30 - 7AM							
7 - 7:30AM							
7:30 - 8AM							
8 - 8:30AM							
8:30 - 9AM							
9 - 9:30AM							
9:30 - 10AM							
10-10:30AM							
10:30 -11AM							
11-11:30AM							
11:30-12PM							
12-12:30PM							
12:30 - 1PM							
1 - 1:30PM							
1:30 - 2PM							
2 - 2:30PM							
2:30 - 3PM							
3 - 3:30PM							
3:30 - 4PM							
4 - 4;30PM							
4;30 - 5PM							
5 - 5:30PM							
5:30 - 6PM							
6 - 6:30PM							
6:30 - 7PM							
7 - 7:30PM							
7:30 - 8PM							
8 - 8:30PM							
8:30 - 9PM							
9 - 9:30PM							
9:30 - 10PM							
10 -10:30PM							
10:30 - 11PM							

NOTES / GOALS FOR THE WEEK

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