

## **SAMPLE SCHEDULE**

<b>TIME</b>	<b>DESCRIPTION</b>
<b>05:00AM - 06:30AM</b>	<b>Follow Day Plan</b>
<b>06:30AM - 07:30AM</b>	<b>Yoga &amp; Lite Exercise</b>
<b>07:30AM - 08:00AM</b>	<b>Bath and ready for work</b>
<b>08:00AM - 09:00AM</b>	<b>Follow Day Plan</b>
<b>09:00AM - 09:15AM</b>	<b>Breakfast</b>
<b>09:15AM - 11:15AM</b>	<b>Follow Day Plan</b>
<b>11:15AM - 11:30AM</b>	<b>Rest - Free Time</b>
<b>11:30AM - 01:30PM</b>	<b>Follow Day Plan</b>
<b>01:30PM - 01:50PM</b>	<b>Lunch</b>
<b>01:50PM - 02:20PM</b>	<b>Rest - Free Time</b>
<b>02:20PM - 04:20PM</b>	<b>Follow Day Plan</b>
<b>04:20PM - 04:40PM</b>	<b>Rest - Free Time</b>
<b>04:40PM - 06:40PM</b>	<b>Follow Day Plan</b>
<b>06:40PM - 07:00PM</b>	<b>Rest - Free Time</b>
<b>07:00PM - 08:00PM</b>	<b>Follow Day Plan</b>
<b>08:00PM - 08:20PM</b>	<b>Dinner</b>
<b>08:20PM - 08:50PM</b>	<b>Rest - Free Time</b>
<b>08:50PM - 09:50PM</b>	<b>Follow Day Plan</b>
<b>09:50PM - 10:00PM</b>	<b>Ready For Sleep</b>
<b>10:00PM - 05:00AM</b>	<b>Deep Sleep</b>