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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **My Weekly Plan** | | | | | | | | |
| **Activity** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| **Gym** | 6am – 7am | 6am – 7am | 6am – 7am | 6am – 7am | 6am – 7am | 6am – 8am |  |
| **Morning Kick Starter Jobs** | Cook dinner  10.30 – 11.45  work | Washing  Toilets  10.30 – 11.45  work | Vacuum | Cook dinner  Washing  10.30 – 11.45  work | Errands |  |  |
| **Blog and Online Activities** | 9pm – 10.15pm | 9pm – 10.15pm | 9pm – 10.15pm |  | 9pm – 10.15pm  or Sat night | 9pm – 10.15pm  or Fri night | 8pm – 10pm |