

PLAN FOR THE WEEK	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Things to do in order from most important to least important	8am							
	9am							
	10am							
	11am							
	12noon							
	1pm							
	2pm							
	3pm							
	4pm							
Fun/Relaxing/Leisure activities (Rewards)	5pm							
	6pm							
	7pm							
	8pm							
	9pm							
	10pm							

Readings this week:

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