

| 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: