|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **7-8 am** | **N&H** | **N&H** | **N&H** | **N&H** | **N&H** | **N&H** | **Sleep** |
| **Foam Roll** | **Foam Roll** | **Foam Roll** | **Foam Roll** | **Foam Roll** | **Foam Roll** |
| **8-9 am** | **Travel** | Travel | Travel | Travel | Travel | **TV / Facebook / Xbox** | **Sleep** |
| **Friends** | **Friends** | **Friends** | **Friends** | **Friends** |
| **9-10 am** | **School** | **School** | **School** | **School** | **School** | **Travel** | **N&H** |
| **Foam Roll** |
| **10-11 am** | **School** | **School** | **School** | **School** | **School** | **Travel** | **Mass** |
| **11-12 am** | **School** | **School** | **School** | **School** | **School** | **School Game** | **Study** |
| **12-1 pm** | **School** | **School** | **School** | **School** | **School** | **School Game** | **Study** |
| **N&H** | **N&H** | **N&H** | **N&H** | **N&H** |
| **1-2 pm** | **Core Work** | **Core Work** | **Core Work** | **Core Work** | **Core Work** | **Travel** | **N&H** |
| **School** | **School** | **School** | **School** | **School** |
| **2-3 pm** | **School** | **School** | **School** | **School** | **School** | **Travel** | **Part time work** |
| **3-4 pm** | **School** | **School** | **School** | **School** | **School** | **N&H** | **Part time Work** |
| **Travel** | **School Training** | **Travel** | **School Training** | **Travel** | **Plan next week** |
| **4-5 pm** | **N&H** | **School Training** | **N&H** | **School Training** | **N&H** | **Study** | **Part time work** |
| **Sleep** | **Sleep** | **Sleep** |
| **5-6 pm** | **TV/ Facebook / xbox** | **Travel** | **TV / Facebook / xbox** | **Travel** | **Study** | **TV / Facebook/ xbox** | **Part time work** |
| **N&H** | **N&H** |
| **6-7 pm** | **Club Training** | **Sleep** | **Club Game** | **Sleep** | **Part time work** | **N&H** | **N&H** |
| **Study** | **Study** | **Part time work** |
| **7-8 pm** | **Club Training** | **Study** | **Club Game** | **Study** | **Part time work** | **Family time** | **Part time work** |
| **N&H** |
| **8-9 pm** | **Study** | **Family time**  | **N&H** | **Family time** | **Part time work** | **Cinema /socialising** | **Part time work** |
| **TV** |
| **9-10pm** | **Study** | **Family time** | **Study** | **Family time**  | **Part time work** | **Cinema / Socialising** | **Family time** |
| **Family time** |
| **10-11pm** | **TV / Facebook / xbox** | **Tv/ Facebook/ xbox** | **Family time** | **TV/ Facebook/ xbox** | **Family time** | **Cinema / Socialising** | **Family time** |

**Weekly planner Good use of time**