|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEK 1** | |  | | | | | |
|  | | | | | |
| **Monday** | **Tuesday** | | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **9** | **9** | | **9** | **9** | **9** | **off** | **off** |
| **9** | **9** | | **9** | **9** | **off** | **off** | **off** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEK 2** | |  | | | | | |
|  | | | | | |
| **Monday** | **Tuesday** | | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **9** | **9** | | **9** | **9** | **9** | **off** | **off** |
| **9** | **9** | | **9** | **9** | **off** | **off** | **off** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEK 3** | |  | | | | | |
|  | | | | | |
| **Monday** | **Tuesday** | | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **9** | **9** | | **9** | **9** | **9** | **off** | **off** |
| **9** | **9** | | **9** | **9** | **off** | **off** | **off** |