|  |  |
| --- | --- |
| **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** |