

168 PLAN		Monday 9/23/19	Tuesday 9/24/19	Wednesday 9/25/19	Thursday 9/26/19	Friday 9/27/19	Saturday 9/28/19	Sunday 9/29/19				
First Name	Notes											
Last Name												
168 Plan												
Morning (AM)	12:00 - 12:30	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP				
	12:30 - 1:00											
	1:00 - 1:30											
	1:30 - 2:00											
	2:00 - 2:30											
	2:30 - 3:00											
	3:00 - 3:30											
	3:30 - 4:00											
	4:00 - 4:30											
	4:30 - 5:00											
	5:00 - 5:30											
	5:30 - 6:00	Wake Up, Eat, Depart For WR		Wake Up, Eat, Depart For WR		Wake Up, Eat, Depart For WR						
	6:00 - 6:30											
	6:30 - 7:00	LIFT 7:30-8:30am		LIFT 7:30-8:30am		LIFT 7:30-8:30am						
	7:00 - 7:30											
	7:30 - 8:00	Shower, Eat, Daily Dominator, Success Hotline, Go To Class		Shower, Eat, Daily Dominator, Success Hotline, Go To Class		Shower, Eat, Daily Dominator, Success Hotline, Go To Class						
	8:00 - 8:30		Wake Up, Shower, Eat		Wake Up, Shower, Eat		Wake Up, Shower, Eat					
8:30 - 9:00	ENG 101 8:30-9:20am		ENG 101 8:30-9:20am		ENG 101 8:30-9:20am							
9:00 - 9:30		FREE TIME		FREE TIME		Wake Up, Shower, Eat	Wake Up, Shower, Eat					
9:30 - 10:00	FREE TIME		FREE TIME		FREE TIME							
10:00 - 10:30	BIO 101 10:00-10:50am		BIO 101 10:00-10:50am		BIO 101 10:00-10:50am							
10:30 - 11:00		PSY 251 10:00-11:15am		PSY 251 10:00-11:15am		FREE TIME	FREE TIME					
11:00 - 11:30	EAT 11:00-12:00		EAT 11:00-12:00		EAT 11:00-12:00							
11:30 - 12:00						EAT 11:30-12:00pm	EAT 11:30-12:00pm					
Afternoon (PM)	12:00 - 12:30	HIST 221 12:00-12:50pm	DANC 11:30-12:45pm	HIST 221 12:00-12:50pm	DANC 11:30-12:45pm	HIST 221 12:00-12:50pm						
	12:30 - 1:00						Study Hall / Homework 12:00-2:00pm	Study Hall / Homework 12:00-2:00pm				
	1:00 - 1:30	FREE TIME	EAT 1:00-1:30pm	FREE TIME	EAT 1:00-1:30pm	FREE TIME						
	1:30 - 2:00		FREE TIME		FREE TIME							
	2:00 - 2:30	EAT 2:00-2:30pm		EAT 2:00-2:30pm		EAT 2:00-2:30pm	EAT 2:00-2:30pm	EAT 2:00-2:30pm				
	2:30 - 3:00	TRAINING ROOM / RECOVERY 2:30-3:30pm	SPA 200 2:00-3:15pm	TRAINING ROOM / RECOVERY 2:30-3:30pm	SPA 200 2:00-3:15pm	TRAINING ROOM / RECOVERY 2:30-3:30pm						
	3:00 - 3:30						Study Hall / Homework 2:30-4:30pm	Study Hall / Homework 2:30-4:30pm				
	3:30 - 4:00	Baseball / Lifestyle Work 3:30-7:30pm	Baseball / Lifestyle Work 3:30-7:30pm	Baseball / Lifestyle Work 3:30-7:30pm	Baseball / Lifestyle Work 3:30-7:30pm	Baseball / Lifestyle Work 3:30-7:30pm						
	4:00 - 4:30											
	4:30 - 5:00										EAT 4:30-5:00pm	EAT 4:30-5:00pm
	5:00 - 5:30											
	5:30 - 6:00											
	6:00 - 6:30											
	6:30 - 7:00											
	7:00 - 7:30											
	7:30 - 8:00	Transportation & EAT 7:30-8:15	Transportation & EAT 7:30-8:16	Transportation & EAT 7:30-8:17	Transportation & EAT 7:30-8:18	Transportation & EAT 7:30-8:19						
	8:00 - 8:30						FREE TIME					

8:30 - 9:00	Study Hall / Homework 8:30-10:00pm	Study Hall / Homework 8:30-10:00pm	Study Hall / Homework 8:30-10:00pm	Study Hall / Homework 8:30-10:00pm	Study Hall / Homework 8:30-10:00pm	FREE TIME	Study Hall / Homework 8:30-10:00pm
9:00 - 9:30							
9:30 - 10:00							
10:00 - 10:30	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
10:30 - 11:00							
11:00 - 11:30	SLEEP	SLEEP	SLEEP	SLEEP	FREE TIME	FREE TIME	SLEEP
11:30 - 12:00							