On break from school or work:						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM-10AM: Wake up, shower, morning walk 10-12PM OPEN	8:30AM-10AM: Wake up, shower, morning walk 10-12PM OPEN	8:30AM-10AM: Wake up, shower, morning walk 10-12PM OPEN	8:30AM-10AM: Wake up, shower, morning walk	8:30AM-10AM: Wake up, shower, morning walk 10-12PM OPEN	8:30AM-10AM: Wake up, shower, morning walk 10-12PM OPEN	8:30AM-10AM: Wake up, shower, morning walk 10-12PM OPEN
12-12:30PM Lunch	12-12:30PM Lunch	12-12:30PM Lunch	12-12:30PM Lunch	12-12:30PM Lunch	12-12:30PM Lunch	12-12:30PM Lunch
12:45PM - 5:30 OPEN	12:45PM - 5:30 OPEN	12:45PM - 5:30 OPEN	12:45-4PM family visit	12:45-4PM OPEN	12:45PM - 5:30 OPEN	12:45PM - 5:30 OPEN
5:45-6:45 Evening walk or meditate and dinner	5:45-6:45 Evening walk or meditate and dinner	5:45-6:45 Evening walk or meditate and dinner	4-8 OPEN	12.43 41 W OI LIV	5:45-6:45 Evening walk or meditate and dinner	5:45-6:45 Evening walk or meditate and dinner
7-midnight Review Anki cards	7-midnight Review Anki cards	7-midnight Review Anki cards	7-midnight Review Anki cards	7-midnight Review Anki cards	7-midnight Review Anki cards	7-midnight Review Anki cards
midnight-1AM wind-down: meditation or prayer, then bed	midnight-1AM wind-down: meditation or prayer, then bed	midnight-1AM wind-down: meditation or prayer, then bed	midnight-1AM wind-down: meditation or prayer, then bed	midnight-1AM wind-down: meditation or prayer, then bed	midnight-1AM wind-down: meditation or prayer, then bed	midnight-1AM wind-down: meditation or prayer, then bed
While working FT:						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6AM-7AM: wake up,			-	-		
walk/jog/workout, breakfast date w/ Anki	6AM-7AM: wake up, walk/jog/workout, breakfast date w/ Anki	6AM-7AM: wake up, walk/jog/workout, breakfast date w/ Anki	6AM-7AM: wake up, walk/jog/workout, breakfast date w/ Anki	6AM-7AM: wake up, walk/jog/workout, breakfast date w/ Anki	6AM-7AM: wake up, walk/jog/workout, breakfast date w/ Anki	6AM-7AM: wake up, walk/jog/workout, breakfast date w/ Anki
walk/jog/workout,	walk/jog/workout,	walk/jog/workout,	walk/jog/workout,	walk/jog/workout,	walk/jog/workout,	walk/jog/workout,
walk/jog/workout, breakfast date w/ Anki 10-12PM OPEN: Gloss over new material, then jump right into doing targeted	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for	walk/jog/workout, breakfast date w/ Anki 10-12PM OPEN: Gloss over new material, then jump right into doing targeted
walk/jog/workout, breakfast date w/ Anki 10-12PM OPEN: Gloss over new material, then jump right into doing targeted practice Q's!!!!	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 9AM-12PM: WORK	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 12-12:30PM Lunch	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 12:30-1PM Lunch	walk/jog/workout, breakfast date w/ Anki 10-12PM OPEN: Gloss over new material, then jump right into doing targeted practice Q's!!!!
walk/jog/workout, breakfast date w/ Anki 10-12PM OPEN: Gloss over new material, then jump right into doing targeted practice Q's!!!! 12-1PM Lunch- BREAK!! 1-5:45PM: Do MCAT practice passages! 2 CARS,	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 9AM-12PM: WORK 12PM-12:45: lunch date to listen to videos on	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 12-5: Classes 12PM-12:45: lunch date to listen to videos on	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 12-12:30PM Lunch 12PM-12:45: lunch date to listen to videos on	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 12-12:30PM Lunch 12PM-12:45: lunch date to listen to videos on	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 12:30-1PM Lunch 12PM-12:45: lunch date to listen to videos on	walk/jog/workout, breakfast date w/ Anki 10-12PM OPEN: Gloss over new material, then jump right into doing targeted practice Q's!!!! 12-1PM Lunch- BREAK!! 1-5:45PM: Do MCAT practice passages! 2 CARS,
walk/jog/workout, breakfast date w/ Anki 10-12PM OPEN: Gloss over new material, then jump right into doing targeted practice Q's!!!! 12-1PM Lunch- BREAK!! 1-5:45PM: Do MCAT practice passages! 2 CARS, 2 new, 2 review. 5:45-6:45 Evening walk or	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 9AM-12PM: WORK 12PM-12:45: lunch date to listen to videos on challenge topics	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 12-5: Classes 12PM-12:45: lunch date to listen to videos on challenge topics	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 12-12:30PM Lunch 12PM-12:45: lunch date to listen to videos on challenge topics	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 12-12:30PM Lunch 12PM-12:45: lunch date to listen to videos on challenge topics	walk/jog/workout, breakfast date w/ Anki 7AM-8AM: get ready for work 12:30-1PM Lunch 12PM-12:45: lunch date to listen to videos on challenge topics	walk/jog/workout, breakfast date w/ Anki 10-12PM OPEN: Gloss over new material, then jump right into doing targeted practice Q's!!!! 12-1PM Lunch- BREAK!! 1-5:45PM: Do MCAT practice passages! 2 CARS, 2 new, 2 review. 5:45-6:45 Evening walk or