

# Lockdown Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							

## Key

Please use the key as a guide. You can add to it, amend it and colour code it to what works for you.



Cardio & Fitness



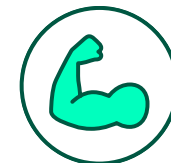
Education



Stretch



Something you enjoy



Strength & Conditioning



Spend time with family



Walk outside



Meal prep