

TO DO LIST

Week of: _____ (insert dates here) _____

Monday _____:

5:30 AM: Wake up, do a morning stretch workout

→ get ready for work ←

7:00 AM: Leave for work!

3:45 – 5:30 PM: Rehearsal (only when working on a play!)

PM:

- run with Bear
- laundry, dishes, straighten up apt
- tan
- make dinner

Tuesday _____:

5:30 AM: Wake up, do a morning stretch workout

→ get ready for work ←

7:00 AM: Leave for work!

3:45 – 5:30 PM: Rehearsal (only when working on a play!)

PM:

- run with Bear
- laundry, dishes, straighten up apt
- tan
- make dinner

Wednesday _____:

5:30 AM: Wake up, do a morning stretch workout

→ get ready for work ←

7:00 AM: Leave for work!

3:45 – 5:30 PM: Rehearsal (only when working on a play!)

PM:

- run with Bear
- laundry, dishes, straighten up apt
- tan
- make dinner

Thursday _____:

5:30 AM: Wake up, do a morning stretch workout

→ get ready for work ←

7:00 AM: Leave for work!

3:45 – 5:30 PM: Rehearsal (only when working on a play!)

PM:

- run with Bear
- laundry, dishes, straighten up apt
- tan
- make dinner

Friday _____:

5:30 AM: Wake up, do a morning stretch workout

→ get ready for work ←

7:00 AM: Leave for work!

3:45 – 5:30 PM: Rehearsal (only when working on a play!)

PM:

- run with Bear
- laundry, dishes, straighten up apt
- tan
- make dinner

Saturday _____:

Morning Run

House Cleaning Day!

Finish all laundry

Take pups to dog park

Date Night!

Sunday _____:

R&R Day!

Long walk with puppies