January

WEEK 1	MON	TUE	WED	THU	FRI	SUT	SUN
WORKOUT							
WATCH & CLOSE RINGS							
3 STANLEYS							
DINNER AT HOME							
ASLEEP BY 11							

WEEK 2	MON	TUE	WED	THU	FRI	SUT	SUN
WORKOUT							
WATCH & CLOSE RINGS							
3 STANLEYS							
DINNER AT HOME							
ASLEEP BY 11							

WEEK 3	MON	TUE	WED	THU	FRI	SUT	SUN
WORKOUT							
WATCH & CLOSE RINGS							
3 STANLEYS							
DINNER AT HOME							
ASLEEP BY 11							

WEEK 4	MON	TUE	WED	THU	FRI	SUT	SUN
WORKOUT							
WATCH & CLOSE RINGS							
3 STANLEYS							
DINNER AT HOME							
ASLEEP BY 11							