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| NOW | 1ST PROGRESSION | 2ND PROGRESSION | 3RD PROGRESSION |
| Get up at:-1 .Stretches? |  |  |  |
| BREAKFAST |  |  |  |
| Morning jobs:-2.Exercise:- |  |  |  |
| LUNCH |  |  |  |
| Afternoon plans:-Rest-how long?Relaxation?3.Exercise |  |  |  |
| EVENING MEAL |  |  |  |
| 4.Exercise:-Bed time:- |  |  |  |