

Central	Eastern		Central	Eastern		Central	Eastern	
	4:00 AM	Wake-up/Change/Pray		4:00 AM	Wake-up/Change/Pray		4:00 AM	Wake-up/Change/Pray
	4:30 AM	Leave for Workout		4:30 AM	Leave for Workout		4:30 AM	Leave for Workout
	5:00 AM	Start Cardio Workout		5:00 AM	Start Workout		5:00 AM	Start Workout
	5:45 AM	Stop Cardio Workout/Leave for Next Location		6:00 AM	Stop Workout/Leave for Next Location		6:00 AM	Stop Workout/Leave for Next Location
	6:15 AM	Shower		6:30 AM	Shower		6:30 AM	Shower
	6:45 AM	Start Work/Eat		7:00 AM	Start Work/Eat		7:00 AM	Start Work/Eat
	10:45 AM	Stop Work/Pray/Fast/Nap		11:00 AM	Stop Work/Pray/Fast/Nap		11:00 AM	Stop Work/Pray/Fast /Nap/Cardio/Shower
	11:15 AM	Start Work		11:30 AM	Start Work		12:00 AM	Start Work
	3:15 PM	Stop Work/Change/Leave for Workout		3:30 PM	Stop Work/Change/Leave for Workout		3:30 PM	Stop Work/Change
	3:45 PM	Start Workout		4:00 PM	Start Cardio Workout		4:00 PM	Eat
3:30 PM	4:45 PM	Stop Workout/Leave for Home	3:30 PM	4:45 PM	Stop Cardio Workout/Leave for Home	3:30 PM	4:30 PM	Leave for Devotion Time
4:30 PM	5:30 PM	Shower/Eat	4:30 PM	5:30 PM	Shower/Eat	4:30 PM	5:30 PM	Start Devotion Time
5:00 PM	6:00 PM	Leave for Devotion Time	5:00 PM	6:00 PM	Leave for Devotion Time	5:00 PM	6:00 PM	Start Class
5:45 PM	6:45 PM	Start Devotion Time	5:45 PM	6:45 PM	Start Devotion Time	6:00 PM	7:00 PM	End Class/Leave For Workout
6:45 PM	7:45 PM	Start Class	6:45 PM	7:45 PM	Start Class			
7:45 PM	8:45 PM	End Class/Leave For Home	7:45 PM	8:45 PM	End Class/Leave For Home	7:00 PM	8:00 PM	Start Workout (BJJ/TKD)
8:30 PM	9:30 PM	Arrive Home	8:30 PM	9:30 PM	Arrive Home	8:30 PM	9:30 PM	End Workout/Leave For Home
	10:00 PM	Shower/Sleep		10:00 PM	Shower/Sleep		10:15 PM	Arrive Home
							10:45 PM	Shower/Sleep