

WEEKLY PLANS

Sunday:

- go to church
- sleep in
- relax
- picnic + workshop w/ heart out

Monday:

- gymnastics

Tuesday:

- school
- relax

Wednesday:

- school
- gymnastics
- SS test

Thursday:

- school
- gymnastics
- science test
- tm test

Friday:

- school
- relax

Saturday:

- relax
- gymnastics

Goals:

- drink more water
- get to gymnastics
- work out
- eat breakfast
- wake up on time in the morning