

WEEKLY RHYTHM IDEAS FOR THE SEASON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM							
6AM							
7AM							
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							
10PM							



Use these pages to brainstorm the habits and regular rhythms that will help you live out what matters *this* season. What will help you spend your time well?