

# A FULL-TIME JOB

## 40 Hours -At A Glance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8am-10am</b>	120 minutes	120 minutes	120 minutes	120 minutes	120 minutes
<b>10am-11am</b>	120 minutes	120 minutes	120 minutes	120 minutes	120 minutes
<u>Lunch Noon-1pm</u>	120 minutes	120 minutes	120 minutes	120 minutes	120 minutes
<b>1pm-3pm</b>	120 minutes	120 minutes	120 minutes	120 minutes	120 minutes
<b>3pm-5pm</b>	120 minutes	120 minutes	120 minutes	120 minutes	120 minutes

**YOUR WEEK INCLUDES: CREATING STRATEGY, EXECUTING YOUR PLAN, & EVALUATING RESULTS**  
start on time, budget your time, plan an hour of breaks, stand & drink your water