

<b>Routine</b>	<b>Time</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
Sit up in bed	7:00-7:10 am							
Light Therapy	7:10-7:25 am							
Make bed	7:25-7:30 am							
Meditate	7:30-8:00 am							
Make Breakfast	8:00-8:10 am							
Eat Breakfast	8:10-8:30 am							

