

Swoje Sister Weekly Schedule Overview

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
Noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							

Current Weight:

Goal Weight:

Daily Caloric Need:

Hydration Goal:

Protein Goal: