

	Monday	Tuesday	Wednesday	Thursday	Friday
9-10	shopping	breakfast with mum		shopping	
10-11	gym	shopping	shopping	gym	shopping
11-12	gym	online course	meditation	gym	gym
12-1	meet friends	watch TV	yoga class	yoga class	gym
1-2	meet friends	read a book	read a book	book club	lunch out
2-3	football club	running club			lunch out
3-4					lunch out