



# Module 1: Planning Calendar

GMT-06	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							

**Instructions:** Block out 30 minutes a day for the next 5 days to complete Module 1