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| **Routine** | **Time** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| 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 |  |  |  |  |  |  |  |