Area	Task	Frequenc	9-Feb M	T	W	R	F	Sa	S	C	16-Feb M	T	W	R	F	Sa	S	C	23-Feb M	T	W	R	F	Sa	S	C	2-Mar M	T	W	R	F	Sa	S	C
		Weekly Total Time:																																
		Weekly Total Distance:																																
		Weekly Total Sessions:																																
Fitness	Swim	2x/W						13.1 Marathon																										
	Bike	1 -2x/W																																
	Run	3x/W																																
	Strength	1-2x/W																																
	Flexibility	0-1x/W																																
GMAT Prep	Studying	10 hrs/W																																
		Plan (hrs):	3	2	1	2			2	10	3	2		2			3	10	3	2		2			4	11	3	3	2	3			2	13
		Area of Focus	Q	Introduction + Verbal							Verbal						Q		Quantitative						Q		Quantitative						Q	
	Practice Exams	M																																
		Plan (#):								0								0							1	1								0
	Info Sessions	3 Total																																
	Campus Visits	3 Total																																
	Applications Submitted	3 Total																																
Tidyness	Daily Tasks																																	
	Multiple days/wk Tasks	W																																
	Weekly Tasks	11																																
	Biweekly Tasks	10																																
	Monthly Tasks	7																																
Finances	Prioritize Expenses	BW																																
	Review Budget	M																																
	Adherence to Budget	M																																
	Monthly Savings	M																																
Monitoring	Weight	W																																
	Sleep (7.5 avg)	D																																
	Energy (7.5 avg)	D																																
	Relaxation/Stress Relief	3-4x/W																																

Notes