

90 DAY SCHEDULE

Indicate milestone dates

MONTH 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9am Training
						9am Training
						9am Training
						9am Training
						9am Training

MONTH 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9am Training
						9am Training
						9am Training
						9am Training
						9am Training

MONTH 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9am Training
						9am Training
						9am Training
						9am Training
						9am Training