# ATHLETE'S DAILY SCHEDULE LOG

Start with the time you awaken to arise in the morning, end with the time that you go to bed. If you have the same schedule on more than one day (e.g. M&W), make a note of this on the DAY line -there is no need to have a separate sheet.

NAME: _____ Semester: _____ Day: _____

| Time of Day | Activity | Location | Comments |
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