









**Weekends Free** | 12-Week Schedule  
(82 Calendar Days)



WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 1 
1	Day 1	Day 2	Day 3	Day 4	Day 5	
WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 2 
2	Day 6	Day 7	Day 8	Day 9	Day 10	
WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 3 
3	Day 11	Day 12	Day 13	Day 14	Day 15	
WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 4 
4	Day 16	Day 17	Day 18	Day 19	Day 20	
WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 5 
5	Day 21	Day 22	Day 23	Day 24	Day 25	
WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 6 
6	Day 26	Day 27	Day 28	Day 29	Day 30	
WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 1
7	Day 31	Day 32	Day 33	Day 34	Day 35	
WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 2
8	Day 36	Day 37	Day 38	Day 39	Day 40	
WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 3
9	Day 41	Day 42	Day 43	Day 44	Day 45	
WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 4
10	Day 46	Day 47	Day 48	Day 49	Day 50	
WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 5
11	Day 51	Day 52	Day 53	Day 54	Day 55	
WK	Monday	Tuesday	Wednesday	Thursday	Friday	Chapter 6
12	Day 56	Day 57	Day 58	Day 59	Day 60	