



Daily Schedule

When I wake up:

Go Outside:

10:00am

12:00pm

1:00pm

2:00pm

4:00pm

5:00pm

7:00pm

10:00pm

Weekly Treatments

Disclaimer: The information contained in these materials is intended for personal use and not a claim to cure anything. No representation contained in these materials is intended as medical advice and should not be used for diagnosis or medical treatment. Always seek the advice of your licensed qualified health provider with any questions you may have regarding a medical or psychological condition.