

MONDAY	
ENERGETIC FOCUS FOR THE DAY	1РМ
	2РМ
1AM	зрм
2AM	4РМ
ЗАМ	БРМ
4AM	брм
5AM	7РМ
6AM	8PM
7AM	9РМ
8AM	10PM
9AM	11PM
TOAM	MIDNIGHT
11AM	MOMENT OF GRATITUDE
NOON	



TUESDAY	
ENERGETIC FOCUS FOR THE DAY	1PM 2PM
1AM 2AM	3PM 4PM
ЗАМ	БРМ
5AM	7PM
7AM	9РМ
9AM	10PM
10AM	MOMENT OF GRATITUDE
NOON	MONERT OF SKATTIONE



WEDNESDAY	
ENERGETIC FOCUS FOR THE DAY	1РМ
	2 РМ
1AM	зрм
2AM	4РМ
ЗАМ	5pм
4AM	брм
5AM	7РМ
6AM	8PM
7AM	9PM
8AM	10PM
9AM	ПРМ
	MIDNIGHT
10AM	MOMENT OF GRATITUDE
11AM	MOMERT OF GRATITODE
NOON	



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THURSDAY	
ENERGETIC FOCUS FOR THE DAY	1РМ
	2РМ
1AM	зрм
2AM	4PM
3AM	5PM
	бРМ
4AM	
5AM	7РМ
6AM	8PM
7AM	ЭРМ
8AM	10РМ
9AM	11РМ
10AM	MIDNIGHT
11AM	MOMENT OF GRATITUDE
NOON	



FRIDAY	
ENERGETIC FOCUS FOR THE DAY	1PM
	2РМ
1AM	ЗРМ
2AM	4PM
ЗАМ	5PM
4AM	брм
5AM	7РМ
бАМ	8PM
7AM	9PM
8AM	10PM
9AM	11PM
10AM	MIDNIGHT
11AM	MOMENT OF GRATITUDE
NOON	



SATURDAY	
ENERGETIC FOCUS FOR THE DAY	1PM 2PM
1AM	3PM 4PM
3AM	5PM
5AM	7PM
7AM	9РМ
9AM	10PM
10AM	MOMENT OF GRATITUDE
NOON	



SUNDAY	
ENERGETIC FOCUS FOR THE DAY	1РМ
	2РМ
1AM	зрм
2AM	4PM
3AM	5PM
4AM	бРМ
5AM	7PM
6AM	8pм
7AM	эрм
	10РМ
8AM	
9АМ	ПРМ
10AM	MIDNIGHT
11AM	MOMENT OF GRATITUDE
NOON	