

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:00AM- Set a new goal for getting on your life with transplanted kidney  12:00PM- Gym	2 6:30AM- Meditation	3 6:00PM- Family time	4 10:00AM- Grandma visit  2:00PM- Grocery shop
5 1:30PM- Tennis match  4:00PM- Prepare to doctor appointment	6 9:00AM- Doctor appointment  5:00PM- Review what Doctor told me	7 12:00PM- Brisk walk  5:30PM- Kevin Guitar	8 12:00PM- Gym  5:30PM- Catherine & Kevin's swim class	9 6:30AM- Meditation	10 12:00PM- Brisk walk  6:00PM- Family time (Board games with family or outdoor activities)	11 6:00PM- Dinner time with friends
12 1:30PM- Tennis match	13 8:00PM- Reading time	14 5:30PM- Kevin Guitar  7:30PM Go to movies	15 12:00PM- Gym  5:30PM- Catherine & Kevin's swim class	16 6:30AM- Meditation	17 3:00PM- Dentist  6:00PM- Family time	18 10:00AM- Grandma visit
19 10:00PM- Spa day with wife  1:30PM- Tennis match	20	21 5:30PM- Kevin Guitar	22 12:00PM- Gym  5:30PM- Catherine & Kevin's swim class	23 6:30AM- Meditation	24 6:00PM- Family time	25 7:00PM- Birthday party at Scott and Ann's
26 1:30PM- Tennis match	27 6:00PM- Kidney Post-transplant Meeting	28 5:30PM- Kevin Guitar	29 12:00PM- Gym  5:30PM- Catherine & Kevin's swim class	30 6:30AM- Meditation  7:00PM- Kevin's play at School	31 6:00PM- Family time	