

Sample Commitment

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Day Off	Early morning shift	Morning shift	Late morning shift	Swing shift	Night shift	Day Off
5:00 AM		Begin work	Morning workout			-	
6:00 AM		-	Meal 1/ morning prep	Morning workout		Workout after shift	
7:00 AM			Begin work	Meal 1/ morning prep		Meal 3	
8:00 AM	Meal 1	Snack	-		Workout	Personal time	Meal 1
9:00 AM	Morning activity/ walk the dog	-	Snack	Begin work	Meal 1/ morning prep		Morning workout/ activity
10:00 AM		-		Snack	Personal time	Sleep	
11:00 AM	Snack		-	-			
12:00 PM	Make weekly meal plan/ meal prep	Meal 2	Meal 2	-	Begin work		Snack
1:00 PM		-		Meal 2	Snack		
2:00 PM		Afternoon workout	-		-		
3:00 PM	Meal 2	Snack	Snack	-	Meal 2		Meal 2
4:00 PM	Personal time	Personal time	Alternate workout time	Snack	-		Personal time
5:00 PM				-	-		
6:00 PM		Meal 3	Meal 3	Alternate workout time	Snack	Alternate workout time	
7:00 PM	Meal 3			Meal 3	-	Meal 1/ work prep	Meal 3
8:00 PM		Sleep			-	Begin work	