

<i>Week 1</i>		<i>Morning</i> Energy Level	<i>During the Day</i> Attention Level	<i>Evening</i> Serenity Level
CD 1		<i>Listening Session</i>		
	AM PM Track			
<i>Monday</i>	1 2	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<i>Tuesday</i>	3 4	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<i>Wednesday</i>	5 6	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<i>Thursday</i>	1 2	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<i>Friday</i>	3 4	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
<i>Saturday</i>	5 6	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5