

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

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

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

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