

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3	4	3	Rest	5	2
2	Rest	3	4	3	Rest	6	2
3	Rest	4	5	4	Rest	7	3
4	Rest	4	5	4	Rest	8	3
5	Rest	5	6	5	Rest	9	3
6	Rest	5	6	5	Rest	10	3
7	Rest	4	5	4	Rest	11	2
8	Rest	3	4	3	Rest	13	0