



INTERNATIONAL  
OLYMPIC  
COMMITTEE

# IOC ATHLETE CAREER PROGRAMME

## DAILY PLANNER

MON TUE WED THU FRI SAT SUN Date: \_\_\_\_\_

TIME	SCHEDULE
4am	
4.30	
5am	
5.30	
6am	
6.30	
7am	
7.30	
8am	
8.30	
9am	
9.30	
10am	
10.30	
11am	
11.30	
12noon	
12.30	

Commitments	Time

Things to do	Priority A B C D

Other things to remember	Time

TIME	SCHEDULE
1pm	
1.30	
2pm	
2.30	
3pm	
3.30	
4pm	
4.30	
5pm	
5.30	
6pm	
6.30	
7pm	
7.30	
8pm	
8.30	
9pm	
9.30	
10pm	
10.30	
11pm	
11.30	
12mid.	

Commitments	Time

Things to do	Priority A B C D

Other things to remember	Time