

Full list: 20 Sports Stars

Sport	Name	am	am	am	am	am	am	am	am	am	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm			
Sport	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Tennis	Novak Djokovic	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Wake Up	Breakfast (60	Yoga(20 min)	Stretching (2	Training on court	Lunch	Workout Using	Yoga Plus St	Massage	Training On Co	Training On C	Training On C	Yoga	Chill	Chill	Sleep	Sleep	Sleep
Tennis	Serena Williams	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Breakfast	Yoga and Tenn	Tennis Practic	Tennis Practic	Lunch	Strength Traini	Strength Trail	Strength Train	Dance Class	Rehab	Dinner With F	Dinner With F	Social Media	Social Media	Social Media	Social Media	Social Media
Tennis	Roger Federer	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	6:30AM: Wake	Go For A Sh	Breakfast	Exercise In Te	Exercise In Te	Lunch Nap	Play A Match	Play A Match	Play A Match	Play A Match	Gym	Dinner	Chill	Sleep	Sleep	Sleep	Sleep	Sleep
Basketball	LeBron James	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Breakfast	Gym	Gym	Weight Training	Rehab / Mas	Lunch	Nap	Gym Practice	Cardio	Gym	Nap	Dinner	Dinner	Basketball	Chill	Chill	Sleep
Basketball	Kevin Durant	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Wake Up	Breakfast	Rehab	Training	Training	Rehab	Training	Rehab	Training	Training	Training	Dinner	Chill	Chill	Chill	Chill	Sleep	
Basketball	Stephen Curry	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Wake Up plus	9:30AM: Bask	Basketball Tr	Basketball Traini	Lunch	Lunch	Chill	Recovery Wo	Recovery Work	Nap	6:30PM: Dinn	Dinner	Family Time	9:30PM: Movies	10:30PM: No	Sleep	
Football	Jared Goff	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	6:30AM: W	Training	Training	Offensive Mae	10:30AM: Te	10:30AM: Team	Lunch	Training	Training	Rehab	Video Analyz	Drive Home	Dinner	Chill	Chill	Chill	Sleep	
Basketball	Chris Paul	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Wake Up	Breakfast	8:30 Drive To F	Rehab Treatm	Pre-practice	On Court Traini	On Court Tr	Drive Home For	2:30PM: Pick	Chill With Th	Chill With Th	Chill With Th	Chill With Th	Chill With Th	Chill With Th	Chill	Chill	Sleep
Basketball	John Wall	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Breakfast	Gym	Gym	Training On C	Training On C	Training On C	Training On C	Rehab / Mas	Rehab / Mas	Rehab / Mas	Dinner	Chill	Chill	Chill	Chill	Chill	Sleep	
Skateboarder	Shaun White	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Wake up	Gym	Gym	Breakfast	Training	Training	Training	Lunch	Training	Meetings	Meetings	Dinner	Dinner	Looking Over	Looking Over	Pr	Chill	Sleep
Soccer	Neymar	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	6:30AM: Wake	Breakfast	Breakfast	Soccer Practic	Soccer Pract	Soccer Practice	Lunch With	Lunch With	The Afternoon Gy	Afternoon Gy	Rehab With Ph	Rehab With Ph	Dinner With F	Dinner With F	Dinner With F	Play Video Ga	Play video games	Sleep
Track and field	Usain Bolt	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Wake Up an	Weight-Lifting	Weight-Lifti	Lunch	Lunch	Track Exercis	Track Exercises	Track Exerc	Dinner	Dinner	Spend time wi	Spend Time With	Spend Time W	Sleep	
Football	Patrick Peterson	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Feed The Dr	Take His Daug	8:35AM: Work	Workout	Film Room	Film Room	Golf At Home	F Lunch	Golf	Golf	Dinner	Dinner	Visit His Gara	Chill	Chill	Sleep	
Basketball	Andre Igoudala	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	8:30 a.m. Wak	Light Breakfas	Workout	Workout	Stretching S	Lunch	Intense Gam	Intense Gam	Weight Room	Weight Room	Dinner	Chill	Chill	Chill	Sleep	
Football	Tom Brady	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Wake Up 5	Gym	Breakfast	Drive to Traini	Football Practi	Football Prax	Scheduled Nap	Lunch	Gym	Rehab / Mass	Treatment	Mas Chill	Dinner With F	Review Films	Sleep	Sleep	Sleep	
Rugby	Dan Carter	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Wake Up and R	Breakfast	Arrive At Traini	Warm up	Gym	Gym	Lunch	Treatment	Field Drills	Field Drills	Treatment	Treatment	Dinner	Chill	Chill	Chill	Sleep	
Gymnast	Simone Biles	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Get Up Betw	Breakfast	Gym practice	Gym Practic	Gym Practice	Drive Home	Rest	Quick Snack:	Gym Practice	Gym Practice	Gym Practice	Physical Thera	Dinner	Chill with Fam	Chill with Family	Chill With Far	
Tennis	Rafael Nadal	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Wake up 5	Tennis	Tennis	Tennis	Gym	Gym	Stretching and	R Lunch	1:30PM: Free	Chill	Chill	4:30PM: Practi	Gym	Gym	Dinner With F	Chill	Chill	
Swimming	Phelipe Rodrigues	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	7:30AM: Bre	8:30AM: Swim	Swim	Swim	11:30AM: Gym	12:45PM: Lt	1:30PM: Rest/	I Nap	Nap	4:30PM: Swim	Swim	6:45PM: Dinner	Chill	Chill	10:30PM: Bec	
Soccer	Lionel Messi	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Wake up and Br	Football Prax	Football Practi	Football Practi	Football Prax	Scheduled Nap	Lunch	Lunch	Nap	Takes Care C	Football Practic	Football Prax	Football Practi	Dinner	Chill	Chill	Sleep	

The Most Common Routine

am	am	am	am	am	am	am	am	am	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Breakfast	Sport / Excersi	Sport / Excersi	Sport / Excersi	Sport / Excersi	Lunch	Lunch	Sport / Excersi	Sport / Excersi	Sport / Excersi	Sport / Excersi	Sport / Excersi	Dinner	Dinner	Chill	Chill	Chill	Sleep

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