

Mark Wahlberg's Daily Schedule

Print, copy, or share Mark Wahlberg's typical daily schedule according to his Instagram post he shared in September 2018. See if you can hang.

☐	2:30am wake up
☐	2:45am prayer time
☐	3:15am breakfast
☐	3:40-5:15am workout
☐	5:30am post-workout meal
☐	6:00am shower
☐	7::30am golf
☐	8:00am snack
☐	9:30am cryo chamber recovery
☐	10:30am snack
☐	11:00am family time/meetings/ work calls
☐	1:00pm lunch
☐	2:00pm meetings/work calls
☐	3:00pm pick up kids @ school
☐	3:30pm snack
☐	4:00pm workout #2
☐	5:00pm shower
☐	5:30pm dinner/family time
☐	7:30pm bedtime