

# REPAIR & RECOVERY DAILY PLAN

<i>TIME</i>	<i>ORGAN</i>	<i>INTENT</i>	<i>ACTIONS</i>
5-7AM	LARGE INTESTINE/ COLON		
7-9AM	STOMACH		
9-11AM	SPLEEN		
11-1PM	HEART		
1-3PM	SMALL INTESTINE		
3-5PM	BLADDER		
5-7PM	KIDNEYS		
7-9PM	PERICARDIUM		
9-11PM	SAN JIAO		
11-3AM	GALL BLADDER LIVER		
3-5AM	LUNGS		