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

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