

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.

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