

# 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

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2:45am prayer time

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3:15am breakfast

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3:40-5:15am workout

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5:30am post-workout meal

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6:00am shower

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7:30am golf

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8:00am snack

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9:30am cryo chamber recovery

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10:30am snack

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11:00am family time/meetings/ work calls

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1:00pm lunch

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2:00pm meetings/work calls

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3:00pm pick up kids @ school

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3:30pm snack

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4:00pm workout #2

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5:00pm shower

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5:30pm dinner/family time

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7:30pm bedtime

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