

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
