

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