

Monday	tuesday	wednesday	Thursday	Friday	saturday	Sunday	Comment
7am	7am	7am	7am	7am	7am	7am	
7:30	7:30	7:30	7:30	7:30	7:30	7:30	
8am	8am	8am	8am	8am	8am	8am	
8:30	8:30	8:30	8:30	8:30	8:30	8:30	
9am	9am	9am	9am	9am	9am	9am	
9:30	9:30	9:30	9:30	9:30	9:30	9:30	
10am	10am	10am	10am	10am	10am	10am	
10:30	10:30	10:30	10:30	10:30	10:30	10:30	
11am	11am	11am	11am	11am	11am	11am	
11:30	11:30	11:30	11:30	11:30	11:30	11:30	
12pm	12pm	12pm	12pm	12pm	12pm	12pm	
12:30	12:30	12:30	12:30	12:30	12:30	12:30	
1pm	1pm	1pm	1pm	1pm	1pm	1pm	
1:30	1:30	1:30	1:30	1:30	1:30	1:30	
2pm	2pm	2pm	2pm	2pm	2pm	2pm	
2:30	2:30	2:30	2:30	2:30	2:30	2:30	
3pm	3pm	3pm	3pm	3pm	3pm	3pm	
3:30	3:30	3:30	3:30	3:30	3:30	3:30	
4pm	4pm	4pm	4pm	4pm	4pm	4pm	
4:30	4:30	4:30	4:30	4:30	4:30	4:30	
5pm	5pm	5pm	5pm	5pm	5pm	5pm	
5:30	5:30	5:30	5:30	5:30	5:30	5:30	
6pm	6pm	6pm	6pm	6pm	6pm	6pm	
6:30	6:30	6:30	6:30	6:30	6:30	6:30	
7pm	7pm	7pm	7pm	7pm	7pm	7pm	
7:30	7:30	7:30	7:30	7:30	7:30	7:30	
8pm	8pm	8pm	8pm	8pm	8pm	8pm	
8:30	8:30	8:30	8:30	8:30	8:30	8:30	
9pm	9pm	9pm	9pm	9pm	9pm	9pm	
9:30	9:30	9:30	9:30	9:30	9:30	9:30	
10:00	10:00	10:00	10:00	10:00	10:00	10:00	
10:30	10:30	10:30	10:30	10:30	10:30	10:30	
11:00 sleep time	11:00 sleep time	11:00 sleep time	11:00 sleep time	11:00 sleep time	11:00 sleep time	11:00 sleep time	