

Time Management

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:45							
12:00 Noon							

Time Management

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00							

Time Management

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15							
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							

Time Management

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00 Midnight (go to bed)							

Time Management

7 a.m.							
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
Noon							
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							
8 p.m.							
9 p.m.							
10 p.m.							
11 p.m.							