

IDEAL WEEK OF: \_\_\_\_\_

|             | SUNDAY | MONDAY | TUESDAY |
|-------------|--------|--------|---------|
| 5:00-5:30   |        |        |         |
| 5:30-6:00   |        |        |         |
| 6:00-6:30   |        |        |         |
| 6:30-7:00   |        |        |         |
| 7:00-7:30   |        |        |         |
| 7:30-8:00   |        |        |         |
| 8:00-8:30   |        |        |         |
| 8:30-9:00   |        |        |         |
| 9:00-9:30   |        |        |         |
| 9:30-10:00  |        |        |         |
| 10:00-10:30 |        |        |         |
| 10:30-11:00 |        |        |         |
| 11:00-11:30 |        |        |         |
| 11:30-12:00 |        |        |         |
| 12:00-12:30 |        |        |         |
| 12:30-1:00  |        |        |         |
| 1:00-1:30   |        |        |         |
| 1:30-2:00   |        |        |         |
| 2:00-2:30   |        |        |         |
| 2:30-3:00   |        |        |         |
| 3:00-3:30   |        |        |         |
| 3:30-4:00   |        |        |         |
| 4:00-4:30   |        |        |         |
| 4:30-5:00   |        |        |         |
| 5:00-5:30   |        |        |         |
| 5:30-6:00   |        |        |         |
| 6:00-6:30   |        |        |         |
| 6:30-7:00   |        |        |         |
| 7:00-7:30   |        |        |         |
| 7:30-8:00   |        |        |         |
| 8:00-8:30   |        |        |         |
| 8:30-9:00   |        |        |         |
| 9:00-9:30   |        |        |         |
| 9:30-10:00  |        |        |         |
| 10:00-10:30 |        |        |         |
| 10:30-11:00 |        |        |         |

