

## Daily Routine

<b>Time</b>	<b>Activities</b>
06:00 AM	
06:30 AM	
07:00 AM	
07:30 AM	
08:00 AM	
08:30 AM	
09:00 AM	
09:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
01:00 PM	
01:30 PM	
02:00 PM	
02:30 PM	
03:00 PM	
03:30 PM	
04:00 PM	
04:30 PM	
05:00 PM	
05:30 PM	

## Daily Routine

<b>Time</b>	<b>Activities</b>
06:00 PM	
06:30 PM	
07:00 PM	
07:30 PM	
08:00 PM	
08:30 PM	
09:00 PM	
09:30 PM	
10:00 PM	
10:30 PM	
11:00 PM	
11:30 PM	
12:00 AM	
12:30 AM	
01:00 AM	
01:30 AM	
02:00 AM	
02:30 AM	
03:00 AM	
03:30 AM	
04:00 AM	
04:30 AM	
05:00 AM	
05:30 AM	