

	Monday	Tuesday	Wednesday	Thursday	Friday
6 00					
AM 30					
7 00					
30					
8 00					
30					
9 00					
30					
10 00					
30					
11 00					
30					
12 00					
PM 30					
1 00					
30					
2 00					
30					
3 00					
30					
4 00					
30					
5 00					
30					
Evening					

Saturday	Sunday	NOTES