

Weekly Plan for Activity

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am							
10:00am							
10:30am							
11:00am							
11:30am							
12:00pm/Noon							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
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8:30pm							
9:00pm							

9:30pm							
10:00pm							
10:30pm							
11:00pm							
11:30pm							
12:00am/Midnight							
12:30am							
1:00am							
1:30am							
2:00am							
2:30am							
3:00am							
3:30am							
4:00am							
4:30am							
5:00am							
5:30am							
6:00am							