

## WEEKLY PLAN

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12 noon							
12:30							
1:00							
1:30							
2:00							
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3:00							
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8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
Midnight							
12:30am							