|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sleep** | **Eating** | **School** | **Social Activity** | **Religious Activity** | **Recreation** | **Work/**  **Chores** | **Personal** |
| 12.00-12.15 |  |  |  |  |  |  |  |  |
| 12.15-12.30 |  |  |  |  |  |  |  |  |
| 12.30-12.45 |  |  |  |  |  |  |  |  |
| 12.45-1.00 |  |  |  |  |  |  |  |  |
| 1.00-1.15 |  |  |  |  |  |  |  |  |
| 1.15-1.30 |  |  |  |  |  |  |  |  |
| 1.30-1.45 |  |  |  |  |  |  |  |  |
| 1.45-2.00 |  |  |  |  |  |  |  |  |
| 2.00-2.15 |  |  |  |  |  |  |  |  |
| 2.15-2.30 |  |  |  |  |  |  |  |  |
| 2.30-2.45 |  |  |  |  |  |  |  |  |
| 2.45-3.00 |  |  |  |  |  |  |  |  |
| 3.00-3.15 |  |  |  |  |  |  |  |  |
| 3.15-3.30 |  |  |  |  |  |  |  |  |
| 3.30-3.45 |  |  |  |  |  |  |  |  |
| 3.45-4.00 |  |  |  |  |  |  |  |  |
| 4.00-4.15 |  |  |  |  |  |  |  |  |
| 4.15-4.30 |  |  |  |  |  |  |  |  |
| 4.30-4.45 |  |  |  |  |  |  |  |  |
| 4.45-5.00 |  |  |  |  |  |  |  |  |
| 5.00-5.15 |  |  |  |  |  |  |  |  |
| 5.15-5.30 |  |  |  |  |  |  |  |  |
| 5.30-5.45 |  |  |  |  |  |  |  |  |
| 5.45-6.00 |  |  |  |  |  |  |  |  |
| 6.00-6.15 |  |  |  |  |  |  |  |  |
| 6.15-6.30 |  |  |  |  |  |  |  |  |
| 6.30-6.45 |  |  |  |  |  |  |  |  |
| 6.45-7.00 |  |  |  |  |  |  |  |  |
| 7.00-7.15 |  |  |  |  |  |  |  |  |
| 7.15-7.30 |  |  |  |  |  |  |  |  |
| 7.30-7.45 |  |  |  |  |  |  |  |  |
| 7.45-8.00 |  |  |  |  |  |  |  |  |
| 8.00-8.15 |  |  |  |  |  |  |  |  |
| 8.15-8.30 |  |  |  |  |  |  |  |  |
| 8.30-8.45 |  |  |  |  |  |  |  |  |
| 8.45-9.00 |  |  |  |  |  |  |  |  |
| 9.00-9.15 |  |  |  |  |  |  |  |  |
| 9.15-9.30 |  |  |  |  |  |  |  |  |
| 9.30-9.45 |  |  |  |  |  |  |  |  |
| 9.45-10.00 |  |  |  |  |  |  |  |  |
| 10.00-10.15 |  |  |  |  |  |  |  |  |
| 10.15-10.30 |  |  |  |  |  |  |  |  |
| 10.30-10.45 |  |  |  |  |  |  |  |  |
| 10.45-11.00 |  |  |  |  |  |  |  |  |
| 11.00-11.15 |  |  |  |  |  |  |  |  |
| 11.15-11.30 |  |  |  |  |  |  |  |  |
| 11.30-11.45 |  |  |  |  |  |  |  |  |
| 11.45-12.00 |  |  |  |  |  |  |  |  |
| 12.00-12.15 |  |  |  |  |  |  |  |  |
| 12.15-12.30 |  |  |  |  |  |  |  |  |
| 12.30-12.45 |  |  |  |  |  |  |  |  |
| 12.45-1.00 |  |  |  |  |  |  |  |  |
| 1.00-1.15 |  |  |  |  |  |  |  |  |
| 1.15-1.30 |  |  |  |  |  |  |  |  |
| 1.30-1.45 |  |  |  |  |  |  |  |  |
| 1.45-2.00 |  |  |  |  |  |  |  |  |
| 2.00-2.15 |  |  |  |  |  |  |  |  |
| 2.15-2.30 |  |  |  |  |  |  |  |  |
| 2.30-2.45 |  |  |  |  |  |  |  |  |
| 2.45-3.00 |  |  |  |  |  |  |  |  |
| 3.00-3.15 |  |  |  |  |  |  |  |  |
| 3.15-3.30 |  |  |  |  |  |  |  |  |
| 3.30-3.45 |  |  |  |  |  |  |  |  |
| 3.45-4.00 |  |  |  |  |  |  |  |  |
| 4.00-4.15 |  |  |  |  |  |  |  |  |
| 4.15-4.30 |  |  |  |  |  |  |  |  |
| 4.30-4.45 |  |  |  |  |  |  |  |  |
| 4.45-5.00 |  |  |  |  |  |  |  |  |
| 5.00-5.15 |  |  |  |  |  |  |  |  |
| 5.15-5.30 |  |  |  |  |  |  |  |  |
| 5.30-5.45 |  |  |  |  |  |  |  |  |
| 5.45-6.00 |  |  |  |  |  |  |  |  |
| 6.00-6.15 |  |  |  |  |  |  |  |  |
| 6.15-6.30 |  |  |  |  |  |  |  |  |
| 6.30-6.45 |  |  |  |  |  |  |  |  |
| 6.45-7.00 |  |  |  |  |  |  |  |  |
| 7.00-7.15 |  |  |  |  |  |  |  |  |
| 7.15-7.30 |  |  |  |  |  |  |  |  |
| 7.30-7.45 |  |  |  |  |  |  |  |  |
| 7.45-8.00 |  |  |  |  |  |  |  |  |
| 8.00-8.15 |  |  |  |  |  |  |  |  |
| 8.15-8.30 |  |  |  |  |  |  |  |  |
| 8.30-8.45 |  |  |  |  |  |  |  |  |
| 8.45-9.00 |  |  |  |  |  |  |  |  |
| 9.00-9.15 |  |  |  |  |  |  |  |  |
| 9.15-9.30 |  |  |  |  |  |  |  |  |
| 9.30-9.45 |  |  |  |  |  |  |  |  |
| 9.45-10.00 |  |  |  |  |  |  |  |  |
| 10.00-10.15 |  |  |  |  |  |  |  |  |
| 10.15-10.30 |  |  |  |  |  |  |  |  |
| 10.30-10.45 |  |  |  |  |  |  |  |  |
| 10.45-11.00 |  |  |  |  |  |  |  |  |
| 11.00-11.15 |  |  |  |  |  |  |  |  |
| 11.15-11.30 |  |  |  |  |  |  |  |  |
| 11.30-11.45 |  |  |  |  |  |  |  |  |
| 11.45-12.00 |  |  |  |  |  |  |  |  |