

DAILY SCHEDULE

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Time	Activity
6:00 AM	Wake up
6:30 AM	Brush teeth, wash face
7:00 AM	Breakfast
7:30 AM	Get dressed
8:00 AM	Commute to work/school
8:30 AM	Arrive at work/school
9:00 AM	Start work/school
10:00 AM	Work/School tasks
11:00 AM	Work/School tasks
12:00 PM	Lunch break
1:00 PM	Work/School tasks
2:00 PM	Work/School tasks
3:00 PM	Work/School tasks
4:00 PM	Work/School tasks
5:00 PM	End of work/school
5:30 PM	Commute home
6:00 PM	Arrive home
6:30 PM	Change clothes, shower
7:00 PM	Dinner
7:30 PM	Relax, watch TV
8:00 PM	Family time
8:30 PM	Bedtime routine
9:00 PM	Go to bed