DAILY SCHEDULE

jan	feb	mar	apr	may	june	july	aug	sept	oct	nov	dec
1 2 3 4 5	6 7	8 9 10	11 12 13	14 15	16 17 18	19	20 21	22 23 24	25 26	27 28	29 30 31
sunday		monday	tuesday		wednesday		thursday	friday		saturday	

morning routine

evening routine

tasks/chores

hourly schedule

8:00am	
8:30am	
9:00 am	
9:30am	
10:00 am	
10:30 am	
11:00 am	
11:30 am	
12:00 pm	
12:30 pm	
1:00 pm	
1:30 pm	
2:00 pm	
2:30 pm	
3:00 pm	
3:30 pm	
4:00 pm	
4:30 pm	
5:00 pm	

5:30 pm	
6:00 pm	
6:30 pm	
7:00 pm	
7:30 pm	
8:00 pm	
8:30 pm	
9:00 pm	
9:30 pm	
10:00 pm	
10:30 pm	
11:00 pm	
11:30 pm	
12:00 am	
12:30 am	
1:00 am	
1:30 am	
2:00 am	

journal/notes