



IDEAL WEEK

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| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---------------|--------|---------|-----------|----------|--------|----------|--------|
| MORNING | 5 AM - 6 AM | | | | | | | |
| | 6 AM - 7 AM | | | | | | | |
| | 7 AM - 8 AM | | | | | | | |
| | 8 AM - 9 AM | | | | | | | |
| | 9 AM - 10 AM | | | | | | | |
| | 10 AM - 11 AM | | | | | | | |
| AFTERNOON | 11 AM - 12 PM | | | | | | | |
| | 12 PM - 1 PM | | | | | | | |
| | 1 PM - 2 PM | | | | | | | |
| | 2 PM - 3 PM | | | | | | | |
| | 3 PM - 4 PM | | | | | | | |
| | 4 PM - 5 PM | | | | | | | |
| EVENING | 5 PM - 6 PM | | | | | | | |
| | 6 PM - 7 PM | | | | | | | |
| | 7 PM - 8 PM | | | | | | | |
| | 8 PM - 9 PM | | | | | | | |
| | 9 PM - 10 PM | | | | | | | |
| | 10 PM - 11 PM | | | | | | | |
| | 11 PM - 12 AM | | | | | | | |
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |

