

# Your Actual Day

	Activity	Time
01		6 am - 7 am
02		7 am - 8 am
03		8 am - 9 am
04		9 am - 10 am
05		10 am - 11 am
06		11 am - 12 pm
07		12 pm - 1 pm
08		1 pm - 2 pm
09		2 pm - 3 pm
10		3 pm - 4 pm
11		4 pm - 5 pm
12		5 pm - 6 pm
13		6 pm - 7 pm
14		7 pm - 8 pm
15		8 pm - 9 pm
16		9 pm - 10 pm
17		10 pm - 11 pm
18		11 pm - 12 am
19		12 am - 6 am

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01		6 am - 7 am
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09		2 pm - 3 pm
10		3 pm - 4 pm
11		4 pm - 5 pm
12		5 pm - 6 pm
13		6 pm - 7 pm
14		7 pm - 8 pm
15		8 pm - 9 pm
16		9 pm - 10 pm
17		10 pm - 11 pm
18		11 pm - 12 am
19		12 am - 6 am

