

The morning question: What good shall I do this day?	5am	Rise, wash, and address <i>Powerful Goodness</i> ; contrive day's business
	6	and take the resolution of the
	7	day; prosecute the present study; and breakfast.
	8	Work.
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	10	
	11	
	12pm	Read, respond to correspondence, a game, and dine.
	1	
	2	Work.
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	6	Put things in their places, exercise, supper, music, or diversion, or conversation; examination of the day.
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Evening question: What good have I done today?	10	Sleep.
	11	
	12am	
	1	
	2	
	3	
	4	