JUL3	30 - AUG05	MONDAY 30	TUESDAY 31	WEDNESDAY 01	٠	THURSDAY 02	FRIDAY 03	SATURDAY 04
	FOCUS							
					•			
	LICT	06:00	06:00	06:00		06:00	06:00	06:00
	LIST A	06:30	06:30	06:30		06:30	06:30	06:30
		07:00	07:00	07:00		07:00	07:00	07:00
		07:30	07:30	07:30		07:30	07:30	07:30
		08:00	08:00	08:00		08:00	08:00	08:00
		08:30 09:00	08:30 09:00	08:30 09:00		08:30 09:00	08:30 09:00	08:30 09:00
		09:30	09:30	09:30	•	09:30	09:30	09:30
		10:00	10:00	10:00		10:00	10:00	10:00
		10:30	10:30	10:30		10:30	10:30	10:30
		11:00	11:00	11:00		11:00	11:00	11:00
		11:30	11:30	11:30		11:30	11:30	11:30
		12:00	12:00	12:00		12:00	12:00	12:00
		12:30	12:30	12:30		12:30	12:30	12:30
		13:00	13:00	13:00	•	13:00	13:00	13:00
		13:30	13:30	13:30		13:30	13:30	13:30
		14:00	14:00	14:00		14:00	14:00	14:00
	LIST B	14:30 15:00	14:30 15:00	14:30 15:00		14:30 15:00	14:30 15:00	14:30 15:00
		15:30	15:30	15:30		15:30	15:30	15:30
		16:00	16:00	16:00		16:00	16:00	16:00
		16:30	16:30	16:30		16:30	16:30	16:30
		17:00	17:00	17:00		17:00	17:00	17:00
		17:30	17:30	17:30	•	17:30	17:30	17:30
		18:00	18:00	18:00		18:00	18:00	18:00
		18:30	18:30	18:30		18:30	18:30	18:30
		19:00	19:00	19:00		19:00	19:00	19:00
		19:30	19:30	19:30		19:30	19:30	19:30
		20:00	20:00	20:00		20:00	20:00	20:00
		20:30 21:00	20:30 21:00	20:30 21:00		20:30 21:00	20:30 21:00	20:30 21:00
		21:30	21:30	21:30		21:30	21:30	21:30
		22:00	22:00	22:00		22:00	22:00	22:00
		22:30	22:30	22:30		22:30	22:30	22:30
	PERSONAL	TO-DO LIST	WORK TO	D-DO LIST			NC	TES
					1			

SUNDAY

06:00 06:30 07:00 07:30 08:00 08:30 09:00 09:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00 14:30 15:00 15:30 16:00 16:30 17:00 17:30 18:00 18:30 19:00 19:30 20:00 20:30 21:00 21:30 22:00 22:30