

AM/PM	am		am		am		am		am		am		pm		pm		pm		pm		pm		pm		pm																		
Time	12 –	1 –	2 –	3 –	4 –	5 –	6 –	7 –	8 –	9 –	10 –	11 –	12 –	1 –	2 –	3 –	4 –	5 –	6 –	7 –	8 –	9 –	10 –	11 –																			
Tue,Wed,Fri	W	m	w	w	w	w	w	w	w	w	m	w	w	e	e			S	s	s	s	s	s	s	s	s	s	s	s	s	m	m	f	f	f	f	f			W	W		
Thu	W	m	w	w	w	w	w	w	w	w	m	w	w	e	e			S	s	s	s	s	s	s	s	s	s	s	s	s	s	s	m	m	p	p	p	f	f			W	W
Sat	W	m	w	w	w	w	w	w	w	w	m	w	w			S	s	s	s	s	s	s	s	s	s	s	s	s	s	s	s		m	m									
Sun		m									m					S	s	s	s	s	s	s	s	s	s	s	s	s	s	s		m	m										
Mon		m									m					p	p	S	s	s	s	s	s	s	s	s	s	s	s	s	s	s	m	m	f	f	f	f	f			W	W

W	Work	f	Family/friends socialisation
W	Work prep	e	Exercise
s	Sleep	m	Meal
S	Sleep prep (e.g. reading)	p	Shopping (purchasing food etc.)
			Empty timeslots are unallocated/free

E.g. The 6am column = half hour timeslot starting at 6:00am.

E.g. "-" column after 7pm = half hour timeslot starting at 7:30pm.

The Sunday row above says:

- Meals; 12:30-1:00am, 6:00-6:30am and 6:30-7:30pm
- Sleep prep; 8:30-9:00am
- Sleep; 9:00am-5:00pm
- The rest of the day is free