24-hour clock	0	–	1	–	2	–	3	–	4	–	5	–	6	–	7	–	8	–	9	–	10	–	11	–	12	–	13	–	14	–	15	–	16	–	17	–	18	–	19	–	20	–	21	–	22	–	23	–
Tue,Wed,Fri	W	m	w	w	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	s	s	m	m	f	f	f	f	f			W	W
Thu	W	m	w	w	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	s	s	m	m	p	p	p	f	f			W	W
Sat	W	m	w	w	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	s				m	m									
Sun		m											m					S	s	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	s	s	m	m	f	f	f	f	f			W	W

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

E.g. Column containing "6" = half hour timeslot starting at 6:00am.

E.g. "-" column after "19" = half hour timeslot starting at 19:30 (or 7:30pm).

The Sunday row above says:
- Meals; 0:30-1:00, 6:00-6:30 and 18:30-19:30
- Sleep prep; 8:30-9:00
- Sleep; 9:00-17:00
- The rest of the day is free