|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Daily schedule for Self Developing** | | | | | | | | |
| Time | | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
| **7 am** | :00 | ☑ | ☒ | ☒ | ☒ | ☒ | ☒ | ☑ |
| :30 | ☑ | ☒ | ☒ | ☒ | ☒ | ☒ | ☑ |
| **8** | :00 | ☑ | ☒ | ☒ | ☒ | ☒ | ☒ | ☑ |
| :30 | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| **9** | :00 | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| :30 | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| **10** | :00 | ☑ | ☒ | ☒ | ☒ | ☒ | ☒ | ☑ |
| :30 | ☑ | ☒ | ☒ | ☒ | ☒ | ☒ | ☑ |
| **11** | :00 | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ |
| :30 | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ |
| **12 pm** | :00 | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ |
| :30 | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ |
| **1** | :00 | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ |
| :30 | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ |
| **2** | :00 | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ |
| :30 | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ |
| **3** | :00 | ☑ | ☒ | ☒ | ☒ | ☒ | ☒ | ☑ |
| :30 | ☑ | ☒ | ☒ | ☒ | ☒ | ☒ | ☑ |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time | | | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
| **4** | :00 | | ☑ | ☒ | ☒ | ☒ | ☒ | ☒ | ☑ |
| :30 | | ☑ | ☒ | ☒ | ☒ | ☒ | ☒ | ☑ |
| **5** | :00 | | ☑ | ☒ | ☒ | ☒ | ☒ | ☒ | ☑ |
| :30 | | ☑ | ☒ | ☒ | ☒ | ☒ | ☒ | ☑ |
| **6** | :00 | | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| :30 | | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| **7** | | :00 | ☒ | ☑ | ☑ | ☑ | ☑ | ☑ | ☒ |
| :30 | ☒ | ☑ | ☑ | ☑ | ☑ | ☑ | ☒ |
| **8** | | :00 | ☒ | ☑ | ☑ | ☑ | ☑ | ☑ | ☒ |
| :30 | ☒ | ☑ | ☑ | ☑ | ☑ | ☑ | ☒ |
| **9** | | :00 | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| :30 | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| **10** | | :00 | ☒ | ☑ | ☑ | ☑ | ☑ | ☑ | ☒ |
| :30 | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ |
| **11** | | :00 | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| :30 | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ | ☑ |
| **12** | | :00 | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ |
| :30 | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ |
| **Total** | | | 10hrs | 7hrs | 7hrs | 7hrs | 7hrs | 7hrs | 10hrs |