

**Rule 6 – Your Schedule**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
7am							
8am							
9am							
10am							
11am							
12PM							
			LUNCH				
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							