Weekly Schedule

Use the following to set out the events in each week that are regular and fixed (including sleep):

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 08:00 |  |  |  |  |  |  |  |
| 09:00 |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |
| 11:00 |  |  |  |  |  |  |  |
| 12:00 |  |  |  |  |  |  |  |
| 13:00 |  |  |  |  |  |  |  |
| 14:00 |  |  |  |  |  |  |  |
| 15:00 |  |  |  |  |  |  |  |
| 16:00 |  |  |  |  |  |  |  |
| 17:00 |  |  |  |  |  |  |  |
| 18:00 |  |  |  |  |  |  |  |
| 19:00 |  |  |  |  |  |  |  |
| 20:00 |  |  |  |  |  |  |  |
| 21:00 |  |  |  |  |  |  |  |
| 22:00 |  |  |  |  |  |  |  |
| 23:00 |  |  |  |  |  |  |  |