

Weekly plan: TARGET plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-08:00							
08:00-09:00							
09:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-13:00							
13:00-14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							
20:00-21:00							
21:00-22:00							
22:00-23:00							
23:00-24:00							

Weekly plan: ACTUAL plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-08:00							
08:00-09:00							
09:00-10:00							
10:00-11:00							
11:00-12:00							
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20:00-21:00							
21:00-22:00							
22:00-23:00							
23:00-24:00							