

Time	Activity	Notes
5AM		
6AM		
7AM		
8AM		
9AM		
10AM		
11AM		
12PM		
1PM		
2PM		
3PM		
4PM		
5PM		
6PM		
7PM		
8PM		
9PM		
10PM		
11PM		
12AM		
1AM		
2AM		
3AM		
4AM		