Daily routine time table

One row for each hour. Weekdays and weekends get their own column, because they are never the same.

Name _____ Wake up at _____ In bed by _____

	Weekdays	Weekend
5 am		
6 am		
7 am		
8 am		
9 am		
10 am		
11 am		
12 noon		
1 pm		
2 pm		
3 pm		
4 pm		
5 pm		
6 pm		
7 pm		
8 pm		
9 pm		
10 pm		
11 pm		

Habit 1 ☐

Habit 2 ☐

Habit 3 ☐

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