



## Daily Activity Chart

<b>Time</b>	<b>Activity/ Amount of Time</b>	<b>Activity/ Amount of Time</b>	<b>Activity/ Amount of Time</b>	<b>Activity/ Amount of Time</b>
4-6 AM				
6-8 AM				
8-10 AM				
10-Noon				
1-2 PM				
2-4 PM				
4-6 PM				
6-8 PM				
8-10 PM				
10 – 12 PM				
Midnight – 4 am				