

# \_\_\_\_\_ 's Typical Day

(insert name)

	<u>Time</u>	<u>Activity</u>	<u>Notes on Values</u>
<i>Morning</i>	5:00 a.m.	_____	
	6:00	_____	
	7:00	_____	
	8:00	_____	
	9:00	_____	
	10:00	_____	
	11:00	_____	
<i>Afternoon</i>	Noon	_____	
	1:00 p.m.	_____	
	2:00	_____	
	3:00	_____	
	4:00	_____	
	5:00	_____	
<i>Evening</i>	6:00 p.m.	_____	
	7:00	_____	
	8:00	_____	
	9:00	_____	
	10:00	_____	
	11:00	_____	
	Midnight & after	_____	