

# How I spend my day (Student page)

Hour of the day	Sleep	School/ job	Chores/ homework	Eating	Exercise	Fun/ entertainment
12 AM (midnight)						
1 AM						
2 AM						
3 AM						
4 AM						
5 AM						
6 AM						
7 AM						
8 AM						
9 AM						
10 AM						
11 AM						
12 PM (noon)						
1 PM						
2 PM						
3 PM						
4 PM						
5PM						
6 PM						
7 PM						
8 PM						
9 PM						
10 PM						
11 PM						

# How I spend my day (Adult page)

Hour of the day	Sleep	School/ job	Chores/ homework	Eating	Exercise	Fun/ entertainment
12 AM (midnight)						
1 AM						
2 AM						
3 AM						
4 AM						
5 AM						
6 AM						
7 AM						
8 AM						
9 AM						
10 AM						
11 AM						
12 PM (noon)						
1 PM						
2 PM						
3 PM						
4 PM						
5PM						
6 PM						
7 PM						
8 PM						
9 PM						
10 PM						
11 PM						