

Time	Activity	Energy Level (High, Medium, Low)	Notes
00:00 - 00:30			
00:30 - 01:00			
01:00 - 01:30			
01:30 - 02:00			
02:00 - 02:30			
02:30 - 03:00			
03:00 - 03:30			
03:30 - 04:00			
04:00 - 04:30			
04:30 - 05:00			
05:00 - 05:30			
05:30 - 06:00			
06:00 - 06:30			
06:30 - 07:00			
07:00 - 07:30			
07:30 - 08:00			
08:00 - 08:30			
08:30 - 09:00			
09:00 - 09:30			
09:30 - 10:00			
10:00 - 10:30			
10:30 - 11:00			
11:00 - 11:30			
11:30 - 12:00			
12:00 - 12:30			
12:30 - 13:00			
13:00 - 13:30			
13:30 - 14:00			
14:00 - 14:30			
14:30 - 15:00			
15:00 - 15:30			
15:30 - 16:00			
16:00 - 16:30			
16:30 - 17:00			
17:00 - 17:30			
17:30 - 18:00			
18:00 - 18:30			
18:30 - 19:00			
19:00 - 19:30			
19:30 - 20:00			
20:00 - 20:30			
20:30 - 21:00			
21:00 - 21:30			
21:30 - 22:00			
22:00 - 22:30			
22:30 - 23:00			
23:00 - 23:30			