

/ /2017 - / /2017

Sunday	Monday	Tuesday	Wednesday
6:00 AM	6:00 AM	6:00 AM	6:00 AM
6:30 AM	6:30 AM	6:30 AM	6:30 AM
7:00 AM	7:00 AM	7:00 AM	7:00 AM
7:30 AM	7:30 AM	7:30 AM	7:30 AM
8:00 AM	8:00 AM	8:00 AM	8:00 AM
8:30 AM	8:30 AM	8:30 AM	8:30 AM
9:00 AM	9:00 AM	9:00 AM	9:00 AM
9:30 AM	9:30 AM	9:30 AM	9:30 AM
10:00 AM	10:00 AM	10:00 AM	10:00 AM
10:30 AM	10:30 AM	10:30 AM	10:30 AM
11:00 AM	11:00 AM	11:00 AM	11:00 AM
11:30 AM	11:30 AM	11:30 AM	11:30 AM
12:00 PM	12:00 PM	12:00 PM	12:00 PM
12:30 PM	12:30 PM	12:30 PM	12:30 PM
1:00 PM	1:00 PM	1:00 PM	1:00 PM
1:30 PM	1:30 PM	1:30 PM	1:30 PM
2:00 PM	2:00 PM	2:00 PM	2:00 PM
2:30 PM	2:30 PM	2:30 PM	2:30 PM
3:00 PM	3:00 PM	3:00 PM	3:00 PM
3:30 PM	3:30 PM	3:30 PM	3:30 PM
4:00 PM	4:00 PM	4:00 PM	4:00 PM
4:30 PM	4:30 PM	4:30 PM	4:30 PM
5:00 PM	5:00 PM	5:00 PM	5:00 PM
5:30 PM	5:30 PM	5:30 PM	5:30 PM
6:00 PM	6:00 PM	6:00 PM	6:00 PM
6:30 PM	6:30 PM	6:30 PM	6:30 PM
7:00 PM	7:00 PM	7:00 PM	7:00 PM
7:30 PM	7:30 PM	7:30 PM	7:30 PM
8:00 PM	8:00 PM	8:00 PM	8:00 PM
8:30 PM	8:30 PM	8:30 PM	8:30 PM
9:00 PM	9:00 PM	9:00 PM	9:00 PM
9:30 PM	9:30 PM	9:30 PM	9:30 PM
10:00 PM	10:00 PM	10:00 PM	10:00 PM
10:30 PM	10:30 PM	10:30 PM	10:30 PM
11:00 PM	11:00 PM	11:00 PM	11:00 PM
11:30 PM	11:30 PM	11:30 PM	11:30 PM

How many hours are you using every day?

