



# Time Budget

[www.AliMcJoy.com](http://www.AliMcJoy.com)

## MONDAY

7am  
8am  
9am  
10am  
11am  
12pm  
1pm  
2pm  
3pm  
4pm  
5pm  
6pm  
7pm

## TUESDAY

7am  
8am  
9am  
10am  
11am  
12pm  
1pm  
2pm  
3pm  
4pm  
5pm  
6pm  
7pm

## WEDNESDAY

7am  
8am  
9am  
10am  
11am  
12pm  
1pm  
2pm  
3pm  
4pm  
5pm  
6pm  
7pm

## THURSDAY

7am  
8am  
9am  
10am  
11am  
12pm  
1pm  
2pm  
3pm  
4pm  
5pm  
6pm  
7pm

## FRIDAY

7am  
8am  
9am  
10am  
11am  
12pm  
1pm  
2pm  
3pm  
4pm  
5pm  
6pm  
7pm

## SATURDAY

7am  
8am  
9am  
10am  
11am  
12pm  
1pm  
2pm  
3pm  
4pm  
5pm  
6pm  
7pm

## SUNDAY

7am  
8am  
9am  
10am  
11am  
12pm  
1pm  
2pm  
3pm  
4pm  
5pm  
6pm  
7pm

## ROUTINE