

DAILY ROUTINE PLANNER (with activity categories)

Time	Activity	*	Time	Activity	*	Time	Activity	*
7.00 am			2.00 pm			9.00 pm		
7.20 am			2.20 pm			9.20 pm		
7.40 am			2.40 pm			9.40 pm		
8.00 am			3.00 pm			10.00 pm		
8.20 am			3.20 pm			10.20 pm		
8.40 am			3.40 pm			10.40 pm		
9.00 am			4.00 pm			11.00 pm		
9.20 am			4.20 pm			11.20 pm		
9.40 am			4.40 pm			11.40 am		
10.00 am			5.00 pm			12.00 am		
10.20 am			5.20 pm					
10.40 am			5.40 pm					
11.00 am			6.00 pm					
11.20 am			6.20 pm					
11.40 am			6.40 pm					
12.00 pm			7.00 pm					
12.20 pm			7.20 pm					
12.40 pm			7.40 pm					
1.00 pm			8.00 pm					
1.20 pm			8.20 pm					
1.40 pm			8.40 pm					

* H = High Activity (energy use) M = Medium Activity L = Low Activity