

## DAILY ROUTINE PLANNER (with activity categories)

Time	Activity	*	Time	Activity	*	Time	Activity	*
7.00 am			12.15 pm			5.30 pm		
7.15 am			12.30 pm			5.45 pm		
7.30 am			12.45 pm			6.00 pm		
7.45 am			1.00 pm			6.15 pm		
8.00 am			1.15 pm			6.30 pm		
8.15 am			1.30 pm			6.45 pm		
8.30 am			1.45 pm			7.00 pm		
8.45 am			2.00 pm			7.15 pm		
9.00 am			2.15 pm			7.30 pm		
9.15 am			2.30 pm			7.45 pm		
9.30 am			2.45 pm			8.00 pm		
9.45 am			3.00 pm			8.15 pm		
10.00 am			3.15 pm			8.30 pm		
10.15 am			3.30 pm			8.45 pm		
10.30 am			3.45 pm			9.00 pm		
10.45 am			4.00 pm			9.15 pm		
11.00 am			4.15 pm			9.30 pm		
11.15 am			4.30 pm			9.45 pm		
11.30 am			4.45 pm			10.00 pm		
11.45 am			5.00 pm			10.15 pm		
12.00 pm			5.15 pm			10.30 pm		

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