

# OUR DAILY RHYTHM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6 EARLY MORNING

7 7-9.30

8 NOTES

9 9.30-10.30

10  
11 10.45-11.30

12 11.30  
12

1 12.30  
1

2 NOTES

3 2:30-3

4 NOTES  
4

5 NOTES

6  
6

7 6:45

7

7:30

