

Morning	Tasks	Afternoon	Tasks	Evening	Tasks
6:00 AM		12:00 PM		6:00 PM	
6:15 AM		12:15 PM		6:15 PM	
6:30 AM		12:30 PM		6:30 PM	
6:45 AM		12:45 PM		6:45 PM	
7:00 AM		1:00 PM		7:00 PM	
7:15 AM		1:15 PM		7:15 PM	
7:30 AM		1:30 AM		7:30 PM	
7:45 AM		1:45 AM		7:45 PM	
8:00 AM		2:00 AM		8:00 PM	
8:15 AM		2:15 AM		8:15 PM	
8:30 AM		2:30 AM		8:30 PM	
8:45 AM		2:45 AM		8:45 PM	
9:00 AM		3:00 AM		9:00 PM	
9:15 AM		3:15 AM		9:15 PM	
9:30 AM		3:30 AM		9:30 PM	
9:45 AM		3:45 AM		9:45 PM	
10:00 AM		4:00 AM		10:00 PM	
10:15 AM		4:15 AM		10:15 PM	
10:30 AM		4:30 AM		10:30 PM	
10:45 AM		4:45 AM		10:45 PM	
11:00 AM		5:00 AM		11:00 PM	
11:15 AM		5:15 AM		11:15 PM	
11:30 AM		5:30 AM		11:30 PM	
11:45 AM		5:45 AM		11:45 PM	