

		Date: ____ / ____ / ____		M Tu W Th F Sa Su	
Breakfast:		8:00		14:30	
Lunch:		8:30		15:00	
Dinner:		9:00		15:30	
3:00		9:30		16:00	
3:30		10:00		16:30	
4:00		10:30		17:00	
4:30		11:00		17:30	
5:00		11:30		18:00	
5:30		12:00		18:30	
6:00		12:30		19:00	
6:30		13:00		19:30	
7:00		13:30		20:00	
7:30		14:00		20:30	

Things to do		
Must	Important	Want
1	1	1
2	2	2
3	3	3

Notes