**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’s Ideal Week**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday  | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 7-9 AM |  |  |  |  |  |  |  |
| 9-11 AM |  |  |  |  |  |  |  |
| 11 AM -1 PM |  |  |  |  |  |  |  |
| 1-3 PM |  |  |  |  |  |  |  |
| 3-5 PM |  |  |  |  |  |  |  |
| 5-7 PM |  |  |  |  |  |  |  |
| 7-9 PM |  |  |  |  |  |  |  |
| 9-11 PM |  |  |  |  |  |  |  |
| 11 PM – 1 AM |  |  |  |  |  |  |  |
| 1-3 AM |  |  |  |  |  |  |  |
| 3-5 AM |  |  |  |  |  |  |  |
| 5-7 AM |  |  |  |  |  |  |  |