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| --- | --- | --- | --- | --- | --- | --- | --- |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 07:00 | Get ready for work | Get ready for work | Get ready for work | Get ready for work | Get ready for work | Sleep | Sleep |
| 08:00 | Commute | Commute | Commute | Commute | Commute | Sleep | Sleep |
| 09:00 | Work | Work | Work | Work | Work | Breakfast | Breakfast |
| 10:00 |  |  |  |  |  | Study? | Shopping |
| 11:00 |  |  |  |  |  |  | Family/relaxation time |
| 12:00 | Lunch | Lunch | Lunch | Lunch | Lunch |  |  |
| 13:00 | Work | Work | Work | Work | Work | Lunch |  |
| 14:00 |  |  |  |  |  | Clean the house |  |
| 15:00 |  |  |  |  |  |  |  |
| 16:00 |  |  |  |  |  |  |  |
| 17:00 | Commute | Commute | Commute | Commute | Commute |  | Sunday dinner |
| 18:00 | Dinner | Dinner | Dinner | Dinner | Dinner |  |  |
| 19:00 | Exercise class | Study? | Study? | Pilates class | Socialising | Dinner/socialising | Household tasks |
| 20:00 |  |  |  |  |  |  | Study? |
| 21:00 | Relaxation time |  |  | Relaxation time |  |  |  |
| 22:00 | Sleep | Sleep | Sleep | Sleep |  |  | Sleep |
| 23:00 |  |  |  |  | Sleep | Sleep |  |

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| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 07:00 |  |  |  |  |  |  |  |
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