Daily time block (15 min) — Date: _____

Time	Block	Time	Block
07:00		13:00	
07:15		13:15	
07:30		13:30	
07:45		13:45	
08:00		14:00	
08:15		14:15	
08:30		14:30	
08:45		14:45	
09:00		15:00	
09:15		15:15	
09:30		15:30	
09:45		15:45	
10:00		16:00	
10:15		16:15	
10:30		16:30	
10:45		16:45	
11:00		17:00	
11:15		17:15	
11:30		17:30	
11:45		17:45	
12:00		18:00	
12:15		18:15	
12:30		18:30	
12:45		18:45	

Notes

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