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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | **HOURLY**  **WEEKLY SCHEDULE** |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | **MORNING** |  | **AFTERNOON** |  | **EVENING** |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **Sep 11, 2023** | | **06:00** | Wake up | **12:00** | Work even more | **18:00** | Relax - bike riding |  |
|  | **MON** | | **07:00** | Yoga | **13:00** | Lunch | **19:00** | Cook dinner |  |
|  | **08:00** | Breakfast | **14:00** | Continue to work | **20:00** | Dinner |  |
|  | **09:00** | Clean | **15:00** | Send reports | **21:00** | Walk dogs |  |
|  | **10:00** | Bath | **16:00** | Snack time | **22:00** | Lights off |  |
|  | **11:00** | Work | **17:00** | Start finishing work | **23:00** |  |  |
|  |  | |  |  |  |  |  |  |  |
|  | **Sep 12, 2023** | | **06:00** |  | **12:00** |  | **18:00** |  |  |
|  | **TUE** | | **07:00** |  | **13:00** |  | **19:00** |  |  |
|  | **08:00** |  | **14:00** |  | **20:00** |  |  |
|  | **09:00** |  | **15:00** |  | **21:00** |  |  |
|  | **10:00** |  | **16:00** |  | **22:00** |  |  |
|  | **11:00** |  | **17:00** |  | **23:00** |  |  |
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|  | **Sep 13, 2023** | | **06:00** |  | **12:00** |  | **18:00** |  |  |
|  | **WED** | | **07:00** |  | **13:00** |  | **19:00** |  |  |
|  | **08:00** |  | **14:00** |  | **20:00** |  |  |
|  | **09:00** |  | **15:00** |  | **21:00** |  |  |
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|  | **11:00** |  | **17:00** |  | **23:00** |  |  |
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|  | **Sep 14, 2023** | | **06:00** |  | **12:00** |  | **18:00** |  |  |
|  | **THU** | | **07:00** |  | **13:00** |  | **19:00** |  |  |
|  | **08:00** |  | **14:00** |  | **20:00** |  |  |
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|  | **Sep 15, 2023** | | **06:00** |  | **12:00** |  | **18:00** |  |  |
|  | **FRI** | | **07:00** |  | **13:00** |  | **19:00** |  |  |
|  | **08:00** |  | **14:00** |  | **20:00** |  |  |
|  | **09:00** |  | **15:00** |  | **21:00** |  |  |
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|  | **Sep 16, 2023** | | **06:00** |  | **12:00** |  | **18:00** |  |  |
|  | **SAT** | | **07:00** |  | **13:00** |  | **19:00** |  |  |
|  | **08:00** |  | **14:00** |  | **20:00** |  |  |
|  | **09:00** |  | **15:00** |  | **21:00** |  |  |
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|  | **11:00** |  | **17:00** |  | **23:00** |  |  |
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|  | **Sep 17, 2023** | | **06:00** |  | **12:00** |  | **18:00** |  |  |
|  | **SUN** | | **07:00** |  | **13:00** |  | **19:00** |  |  |
|  | **08:00** |  | **14:00** |  | **20:00** |  |  |
|  | **09:00** |  | **15:00** |  | **21:00** |  |  |
|  | **10:00** |  | **16:00** |  | **22:00** |  |  |
|  | **11:00** |  | **17:00** |  | **23:00** |  |  |
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