

HABIT REHAB: What are you doing with your **TIME**?

7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12 NOON		12 MIDNT	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	
3:00 PM		3:00 AM	
3:30 PM		3:30 AM	
4:00 PM		4:00 AM	
4:30 PM		4:30 AM	
5:00 PM		5:00 AM	
5:30 PM		5:30 AM	
6:00 PM		6:00 AM	
6:30 PM		6:30 AM	

NOTES: