



17

TIME



WRITE



SAY

1:00



1:30



2:00



2:30



3:00



3:30



4:00



4:30



5:00



5:30



6:00



6:30



7:00



7:30



8:00



8:30



9:00



9:30



10:00



10:30



11:00



11:30



12:00



12:30

