

Hourly Schedule

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Schedule	Today's Big Goal	
03.00		
04.00		
05.00		
06.00		
07.00		
08.00		
09.00		
10.00	Breakfast	Lunch
11.00		
12.00		
13.00		
14.00	Dinner	Snack
15.00		
16.00		
17.00		
18.00	Notes	
19.00		
20.00		
21.00		
22.00		
23.00		
24.00		