



24 Hours in Real Time

DAY:

Personal Time	6 am	
	7	
	8	
Work	9	
	10	
	11	
	12	
	1 pm	
	2	
	3	
	4	
5		
Personal Time	6	
	7	
	8	
	9	
	10	
Sleep	11	
	12	
	1 am	
	2	
	3	
	4	
	5	
	6	



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