

Daily Schedule

| Start | End | Task | Complete |
|-------|-------|---|----------|
| 08:30 | 08:55 | | |
| 08:55 | 09:00 | BREAK | |
| 09:00 | 09:25 | | |
| 09:25 | 09:30 | BREAK | |
| 09:30 | 09:55 | | |
| 09:55 | 10:00 | BREAK | |
| 10:00 | 10:25 | | |
| 10:25 | 10:45 | 20 MINUTE BREAK | |
| 10:45 | 11:10 | | |
| 11:10 | 11:15 | BREAK | |
| 11:15 | 11:40 | | |
| 11:40 | 11:45 | BREAK | |
| 11:45 | 12:10 | | |
| 12:10 | 12:15 | BREAK | |
| 12:15 | 12:40 | | |
| 12:40 | 13:10 | 30 MINUTE BREAK | |
| 13:10 | 13:35 | | |
| 13:35 | 13:40 | BREAK | |
| 13:40 | 14:05 | | |
| 14:05 | 14:10 | BREAK | |
| 14:10 | 14:35 | | |
| 14:35 | 14:40 | BREAK | |
| 14:40 | 15:05 | | |
| 15:05 | 15:30 | 25 MINUTE BREAK (or finish here for School run) | |
| 15:30 | 15:55 | | |
| 15:55 | 16:00 | BREAK | |
| 16:00 | 16:25 | | |
| 16:25 | 16:30 | BREAK | |
| 16:30 | 16:55 | | |
| 16:55 | 17:00 | Wrap-up / Finish | |