

Table B.10 Example week planning

	Morning	Afternoon	Evening
Monday	9-10	14-15	19-20
	10-11	15-16	20-21
	11-12	16-17	21-22
	12-13	17-18	22-23
Tuesday	9-10	14-15	19-20
	10-11	15-16	20-21
	11-12	16-17	21-22
	12-13	17-18	22-23
Wednesday	9-10	14-15	19-20
	10-11	15-16	20-21
	11-12	16-17	21-22
	12-13	17-18	22-23
Thursday	9-10	14-15	19-20
	10-11	15-16	20-21
	11-12	16-17	21-22
	12-13	17-18	22-23
Friday	9-10	14-15	19-20
	10-11	15-16	20-21
	11-12	16-17	21-22
	12-13	17-18	22-23
Saturday	9-10	14-15	19-20
	10-11	15-16	20-21
	11-12	16-17	21-22
	12-13	17-18	22-23
Sunday	9-10	14-15	19-20
	10-11	15-16	20-21
	11-12	16-17	21-22
	12-13	17-18	22-23