

The 30/30 Time Management System™



Date:

6:00 AM	11:45	5:30
6:15	12:00 PM	5:45
6:30	12:15	6:00
6:45	12:30	6:15
7:00	12:45	6:30
7:15	1:00	6:45
7:30	1:15	7:00
7:45	1:30	7:15
8:00	1:45	7:30
8:15	2:00	7:45
8:30	2:15	8:00
8:45	2:30	8:15
9:00	2:45	8:30
9:15	3:00	8:45
9:30	3:15	9:00
9:45	3:30	9:15
10:00	3:45	9:30
10:15	4:00	9:45
10:30	4:15	10:00
10:45	4:30	10:15
11:00	4:45	10:30
11:15	5:00	10:45
11:30	5:15	11:00