

One-week work schedule

Plan-maker: Small rice shell

Motto slogan: Motivate yourself to move forward

Time period		Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	8:00	9:30						
	9:30	10:30						
	10:30	11:30						
	11:30	12:30						
Noon break (12:30 -13:30)								
PM	1:30	2:30						
	2:30	3:30						
	3:30	4:30						
	4:30	6:00						
	6:00	7:00						
	7:00	8:00						
Break and eat (6:00-7:30)								
Night	7:30	8:30						
	8:30	10:00						
	10:00	11:10						