

Chart 7

MONDAY DAYTIME

MONDAY NIGHTTIME

MORNING

EARLY EVENING

AFTERNOON

NIGHT TIME

Time	1	2	3	4	5	6	7	8	Other
6:00									
6:14	01								
6:15									
6:29	02								
6:30									
6:44	03								
6:45									
6:59	04								
7:00									
7:14	05								
7:15									
7:29	06								
7:30									
7:44	07								
7:45									
7:59	08								
8:00									
8:14	09								
8:15									
8:29	10								
8:30									
8:44	11								
8:45									
8:59	12								
9:00									
9:14	13								
9:15									
9:29	14								
9:30									
9:44	15								
9:45									
9:59	16								
10:00									
10:14	17								
10:15									
10:29	18								
10:30									
10:44	19								
10:45									
10:59	20								
11:00									
11:14	21								
11:15									
11:29	22								

Time	1	2	3	4	5	6	7	8	Other
4:00									
4:14	x 10	41	CFPL						
4:15									
4:29		42							
4:30		43							
4:44									
4:45									
4:59		44							
5:00									
5:14		45							
5:15									
5:29		46							
5:30									
5:44		47							
5:45									
5:59		48							
6:00									
6:14		49							
6:15									
6:29		50							
6:30									
6:44		51							
6:45									
6:59		52							
7:00									
7:14	2 10	53	CFPL						
7:15									
7:29		54							
7:30									
7:44		55							
7:45									
7:59		56							
8:00									
8:14		57							
8:15									
8:29		58							
8:30									
8:44		59							
8:45									
8:59		60							
9:00									
9:14		61							
9:15									
9:29		62							

Time	1	2	3	4	5	6	7	8	Other
11:30									
11:44									
11:45									
11:59	23								
12:00									
12:14	24								
12:15									
12:29	25								
12:30									
12:44	26								
12:45									
12:59	27								
1:00									
1:14	28								
1:15									
1:29	29								
1:30									
1:44	30								
1:45									
1:59	31								
2:00									
2:14	32								
2:15									
2:29	33								
2:30									
2:44	34								
2:45									
2:59	35								
3:00									
3:14	36								
3:15									
3:29	37								
3:30									
3:44	x 10	39	CFPL						
3:45									
3:59		40							

Time	1	2	3	4	5	6	7	8	Other
9:30									
9:44									
9:45									
9:59									
10:00									
10:14									
10:15									
10:29									
10:30									
10:44									
10:45									
10:59									
11:00									
11:14									
11:15									
11:29									
11:30									
11:44									
11:45									
11:59									
12:00									
12:14									
12:15									
12:29									
12:30									
12:44									
12:45									
12:59									
1:00									
1:14									
1:15									
1:29									
1:30									
1:44									
1:45									
1:59									

Important...Please write in date you start this Diary

IF ANY VIEWING BETWEEN 2:00 A.M. AND 6:00 A.M., PLEASE GIVE DETAILS HERE.