

Week 1 - Hot

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7							
8							
9							
10							
11							
12pm							
1							
2							
3							
4							
5							
6							
7							
8							
9pm							

Notes:

Week 2 - Cool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7							
8							
9							
10							
11							
12pm							
1							
2							
3							
4							
5							
6							
7							
8							
9pm							

Notes:

BLANK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7							
8							
9							
10							
11							
12pm							
1							
2							
3							
4							
5							
6							
7							
8							
9pm							

Notes: