24-hour planner

Fill in the 24-hour diary to get an idea of how you use your time on a typical weekday.   
This will give you an indication of how much free time you have.

|  |  |  |
| --- | --- | --- |
| **am/pm** | **24 hr** | **Activity** |
| 6 am | 0600 |  |
| 7 am | 0700 |  |
| 8 am | 0800 |  |
| 9 am | 0900 |  |
| 10 am | 1000 |  |
| 11 am | 1100 |  |
| 12 pm | 1200 |  |
| 1 pm | 1300 |  |
| 2 pm | 1400 |  |
| 3 pm | 1500 |  |
| 4 pm | 1600 |  |
| 5 pm | 1700 |  |
| 6 pm | 1800 |  |
| 7 pm | 1900 |  |
| 8 pm | 2000 |  |
| 9 pm | 2100 |  |
| 10 pm | 2200 |  |
| 11 pm | 2300 |  |
| 12am | 2400 |  |
| 1am-5am | 0100-0500 |  |