**Time Assessment Worksheet**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 5:00 am |  |  |  |  |  |
|  |  |  |  |  |  |
| 6:00 am |  |  |  |  |  |
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| 7:00 am |  |  |  |  |  |
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| 8:00 am  |  |  |  |  |  |
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| 9:00 am |  |  |  |  |  |
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| 10:00 am |  |  |  |  |  |
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| 11:00 am |  |  |  |  |  |
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| 12:00 pm |  |  |  |  |  |
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| 1:00 pm |  |  |  |  |  |
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| 2:00 pm |  |  |  |  |  |
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| 3:00 pm |  |  |  |  |  |
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| 4:00 pm |  |  |  |  |  |
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| 5:00 pm |  |  |  |  |  |
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| 6:00 pm |  |  |  |  |  |
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| 7:00 pm |  |  |  |  |  |
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| 8:00 pm |  |  |  |  |  |
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| 9:00 pm |  |  |  |  |  |
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| 10:00 pm |  |  |  |  |  |
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