



RAY PSYCHOLOGY

## WHERE DID MY TIME GO?

Time	Task
5-6 am	
6-7am	
7-8am	
8-9am	
9-10am	
10-11am	
11-12noon	
12-1pm	
1-2pm	
2-3pm	
3-4pm	
4-5pm	
5-6pm	
6-7pm	
7-8pm	
8-9pm	
9-10pm	
10-11pm	
11-12pm	
12-1am	
1-2am	
2-3am	
3-4am	
4-5am	