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| **Jak využívám čas?** |
|  | **Pondělí** | **Úterý** | **Středa** | **Čtvrtek** | **Pátek** | **Sobota** | **Neděle** |
| **6:00 – 7:00** |  |  |  |  |  |  |  |
| **7:00 – 8:00** |  |  |  |  |  |  |  |
| **8:00 – 9:00** |  |  |  |  |  |  |  |
| **9:00 – 10:00** |  |  |  |  |  |  |  |
| **10:00 – 11:00** |  |  |  |  |  |  |  |
| **11:00 – 12:00** |  |  |  |  |  |  |  |
| **12:00 – 13:00** |  |  |  |  |  |  |  |
| **13:00 – 14:00** |  |  |  |  |  |  |  |
| **14:00 – 15:00** |  |  |  |  |  |  |  |
| **15:00 – 16:00** |  |  |  |  |  |  |  |
| **16:00 – 17:00** |  |  |  |  |  |  |  |
| **17:00 – 18:00** |  |  |  |  |  |  |  |
| **18:00 – 19:00** |  |  |  |  |  |  |  |
| **19:00 – 20:00** |  |  |  |  |  |  |  |
| **20:00 – 21:00** |  |  |  |  |  |  |  |
| **21:00 – 22:00** |  |  |  |  |  |  |  |
| **22:00 – 23:00** |  |  |  |  |  |  |  |
| **23:00 – 00:00** |  |  |  |  |  |  |  |