

MY POST TWINS HELP SCHEDULE

Week of _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 a.m.							
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
NOON							
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							
8 p.m.							
9 p.m.							
10 p.m.							
11 p.m.							