

4.00pm		5.30pm		6.25pm			9.30pm		结束
	3.30pm	chī 吃			wǎncān 晚餐		shuāyá 刷牙		
		12.35pm		10.15am		8.15am		8.05am	
shū 梳		shuìjiào 睡觉		wǎnshàng 晚上			xǐ 洗		7.55am
zuò 做	xiàwǔ 下午		zǎoshang 早上		qǐchuáng 起床		chuān 穿		
开始		7.10am		7.20am			7.35am		7.40am