Ben Franklin's Order of the Day. The precept of Order requiring that every part of my business should have its allotted time:

THE MORNING. Question. What good shall I do this day?	5:00		EVENING. Question. What good have I done today?	2:00	
	5:30	Rise, wash, and address		2:30	
	6:00	Powerful Goodness!		3:00	
	6:30	Contrive day's		3:30	
	7:00	business, and take the resolution of		4:00	Work.
	7:30	the day;		4:30 5:00	
	8:00	the present study, and			
	8:30	breakfast.		5:30	
	9:00			6:00	
	9:30			6:30	Put things in
	10:00			7:00	their places.
	10:30	Work.		7:30	Supper.
	11:00			8:00	Music or diversion, or
	11:30			8:30	conversation.
NOON.	12:00			9:00	Examination of the day.
	12:30	Read, or		9:30	
	1:00	overlook my accounts,	NIGHT.	10:00	
	1:30	and dine.		11:00	Sleep.
	2:00			12:00	

Chart courtesy of www.HomeschoolPatriot.com based upon Benjamin Franklin's scheme of employment for the twenty-four hours of a natural day.