|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 4:00 | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 主な日常生活上の活動 |
| 深夜 |  |  |  |  |  |  |  |  |
| 6:00 |  |  |  |  |  |  |  |  |
| 早朝 |  |  |  |  |  |  |  |  |
| 8:00 |  |  |  |  |  |  |  |  |
| 午前 |  |  |  |  |  |  |  |  |
| 10:30 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 12:00 |  |  |  |  |  |  |  |  |
| 午後 |  |  |  |  |  |  |  |  |
| 14:00 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 16:00 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 18:00 |  |  |  |  |  |  |  |  |
| 夜間 |  |  |  |  |  |  |  |  |
| 20:00 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 22:00 |  |  |  |  |  |  |  |  |
| 深夜 |  |  |  |  |  |  |  |  |
| 24:00 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 2:00 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | |
| 週単位以外のサービス | |  | | | | | | | | |