

# The 5 Hour Learning Tool

	Length (e.g. 5 mins)							Learning of the week
	S	M	T	W	T	F	S	
After brushing								
Before breakfast								
While commuting								
Upon arriving at work								
Before a meeting								
After a meeting								
After a work session								
Before lunch								
After lunch								
End of workday								
While commuting								
Before bed								