

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A							
M							
P							
M							
A							
M							
P							
M							
A							
M							
P							
M							
A							
M							
P							
M							
A							
M							
P							
M							

G=Gel D=Dil A=Active R=Regular AR=Arom