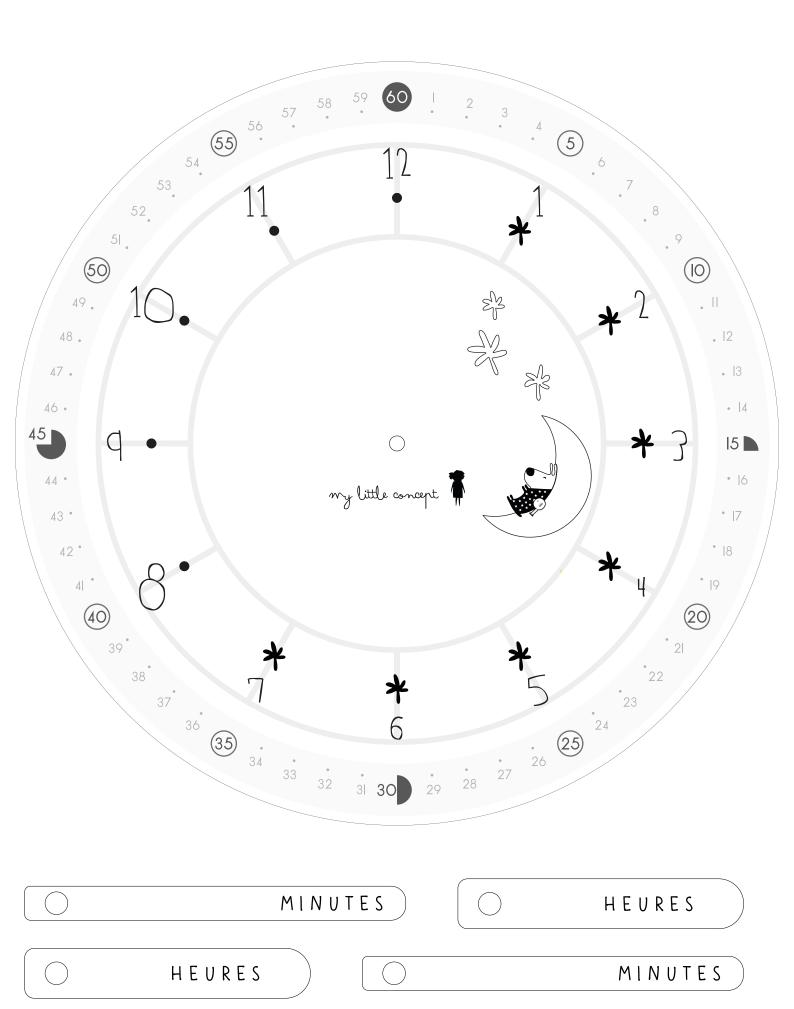
Cadran pour les heures AVANT midi



Cadran pour les heures APRES midi

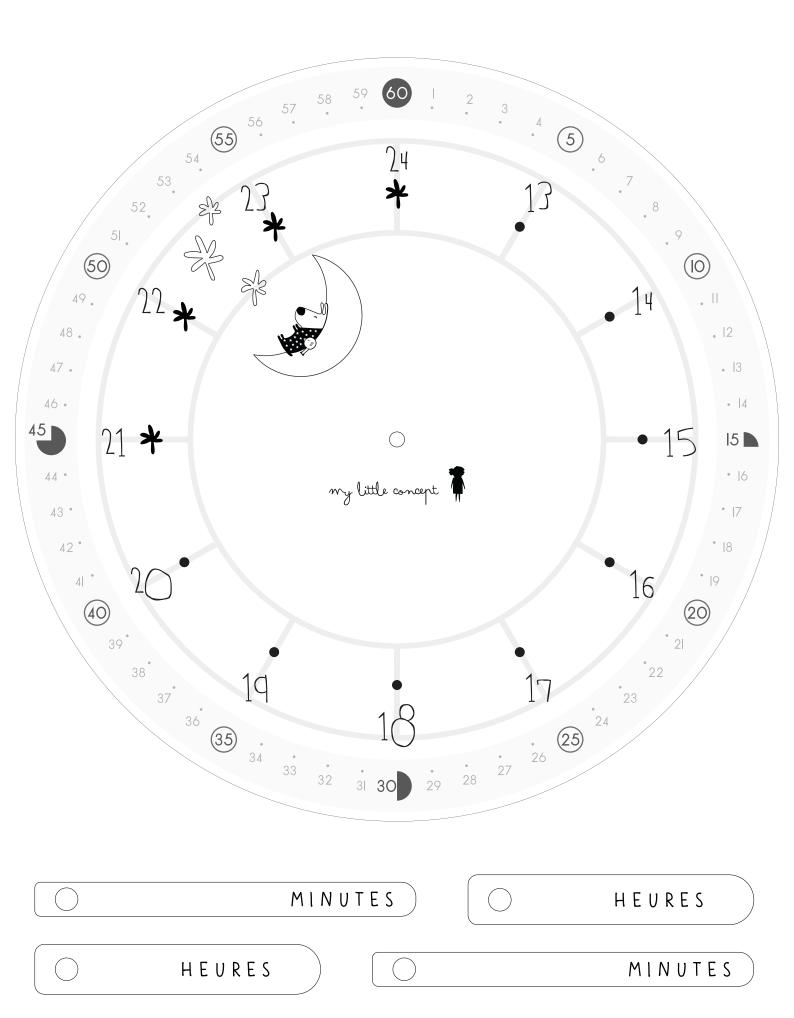
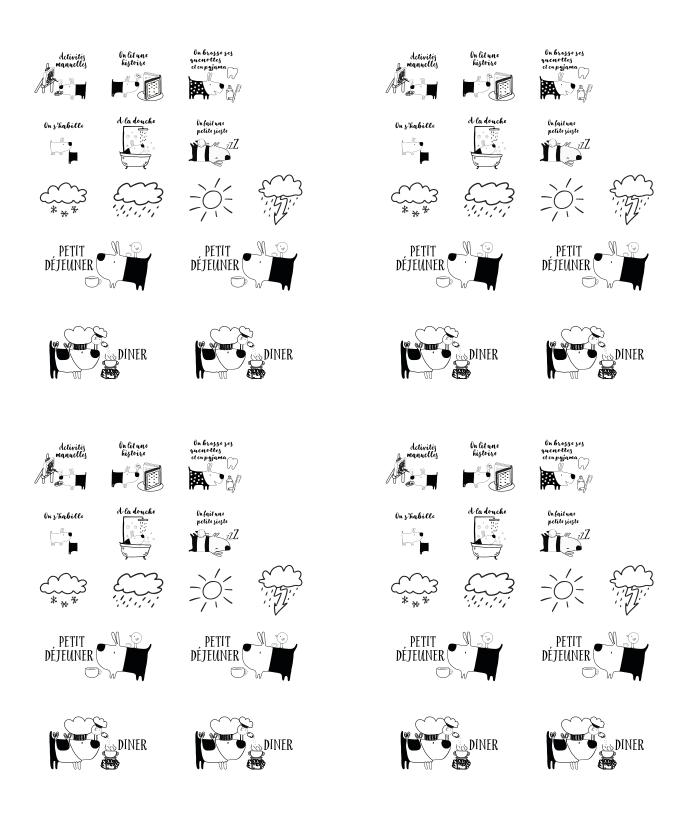


Illustration des activités de la routine



MATIN MATIN MATIN NUIT NUIT
MIDI MIDI MIDI
APRES MIDI APRES MIDI APRES MIDI JOUR
SOIR SOIR SOIR