

U.S. Time Zone Grid

Lighter Shade Denotes Outer Edge of Ideal Time

AST- Hawaii Aleutian Standard Time	AKST - Alaska Alaska Standard Time	PST Pacific Standard Time	MST Mountain Standard Time	CST Central Standard Time	EST Eastern Standard Time
12.30 - 1.00pm	1.30 - 2.00pm	2.30 - 3.00pm	3.30 - 4.00pm	4.30 - 5.00pm	5.30 - 6.00pm
1.00 - 1.30pm	2.00 - 2.30pm	3.00 - 3.30pm	4.00 - 4.30pm	5.00 - 5.30pm	6.00 - 6.30pm
1.30 - 2.00pm	2.30 - 3.00pm	3.30 - 4.00pm	4.30 - 5.00pm	5.30 - 6.00pm	6.30 - 7.00pm
2.00 - 2.30pm	3.00 - 3.30pm	4.00 - 4.30pm	5.00 - 5.30pm	6.00 - 6.30pm	7.00 - 7.30pm
2.30 - 3.00pm	3.30 - 4.00pm	4.30 - 5.00pm	5.30 - 6.00pm	6.30 - 7.00pm	7.30 - 8.00pm
3.00 - 3.30pm	4.00 - 4.30pm	5.00 - 5.30pm	6.00 - 6.30pm	7.00 - 7.30pm	8.00 - 8.30pm
3.30 - 4.00pm	4.30 - 5.00pm	5.30 - 6.00pm	6.30 - 7.00pm	7.30 - 8.00pm	8.30 - 9.00pm
4.00 - 4.30pm	5.00 - 5.30pm	6.00 - 6.30pm	7.00 - 7.30pm	8.00 - 8.30pm	9.00 - 9.30pm
4.30 - 5.00pm	5.30 - 6.00pm	6.30 - 7.00pm	7.30 - 8.00pm	8.30 - 9.00pm	9.30 - 10.00pm
5.00 - 5.30pm	6.00 - 6.30pm	7.00 - 7.30pm	8.00 - 8.30pm	9.00 - 9.30pm	10.00 - 10.30pm
5.30 - 6.00pm	6.30 - 7.00pm	7.30 - 8.00pm	8.30 - 9.00pm	9.30 - 10.00pm	10.30 - 11.00pm
6.00 - 6.30pm	7.00 - 7.30pm	8.00 - 8.30pm	9.00 - 9.30pm	10.00 - 10.30pm	11.00 - 11.30pm
6.30 - 7.00pm	7.30 - 8.00pm	8.30 - 9.00pm	9.30 - 10.00pm	10.30 - 11.00pm	11.30 - 12.00am
7.00 - 7.30pm	8.00 - 8.30pm	9.00 - 9.30pm	10.00 - 10.30pm	11.00 - 11.30pm	12.00 - 12.30am
7.30 - 8.00pm	8.30 - 9.00pm	9.30 - 10.00pm	10.30 - 11.00pm	11.30 - 12.00am	12.30 - 1.00am
8.00 - 8.30pm	9.00 - 9.30pm	10.00 - 10.30pm	11.00 - 11.30pm	12.00 - 12.30am	1.00 - 1.30am
8.30 - 9.00pm	9.30 - 10.00pm	10.30 - 11.00pm	11.30 - 12.00am	12.30 - 1.00am	1.30 - 2.00am

ORANGE

LAVENDER

PINK

GREEN

YELLOW

BLUE

Each Time Zone is highlighted in it's own color to represent the ideal time to call that time zone. Lighter Shade Denotes Outer Edge of Ideal Time
Color in your time zone according to the color codes of each time zone to show when you are to call that particular time zone.

U.S. Time Zone Grid

AST- Hawaii Aleutian Standard Time	AKST - Alaska Alaska Standard Time	PST Pacific Standard Time	MST Mountain Standard Time	CST Central Standard Time	EST Eastern Standard Time
12.30 - 1.00pm	1.30 - 2.00pm	2.30 - 3.00pm	3.30 - 4.00pm	4.30 - 5.00pm	5.30 - 6.00pm
1.00 - 1.30pm	2.00 - 2.30pm	3.00 - 3.30pm	4.00 - 4.30pm	5.00 - 5.30pm	6.00 - 6.30pm
1.30 - 2.00pm	2.30 - 3.00pm	3.30 - 4.00pm	4.30 - 5.00pm	5.30 - 6.00pm	6.30 - 7.00pm
2.00 - 2.30pm	3.00 - 3.30pm	4.00 - 4.30pm	5.00 - 5.30pm	6.00 - 6.30pm	7.00 - 7.30pm
2.30 - 3.00pm	3.30 - 4.00pm	4.30 - 5.00pm	5.30 - 6.00pm	6.30 - 7.00pm	7.30 - 8.00pm
3.00 - 3.30pm	4.00 - 4.30pm	5.00 - 5.30pm	6.00 - 6.30pm	7.00 - 7.30pm	8.00 - 8.30pm
3.30 - 4.00pm	4.30 - 5.00pm	5.30 - 6.00pm	6.30 - 7.00pm	7.30 - 8.00pm	8.30 - 9.00pm
4.00 - 4.30pm	5.00 - 5.30pm	6.00 - 6.30pm	7.00 - 7.30pm	8.00 - 8.30pm	9.00 - 9.30pm
4.30 - 5.00pm	5.30 - 6.00pm	6.30 - 7.00pm	7.30 - 8.00pm	8.30 - 9.00pm	9.30 - 10.00pm
5.00 - 5.30pm	6.00 - 6.30pm	7.00 - 7.30pm	8.00 - 8.30pm	9.00 - 9.30pm	10.00 - 10.30pm
5.30 - 6.00pm	6.30 - 7.00pm	7.30 - 8.00pm	8.30 - 9.00pm	9.30 - 10.00pm	10.30 - 11.00pm
6.00 - 6.30pm	7.00 - 7.30pm	8.00 - 8.30pm	9.00 - 9.30pm	10.00 - 10.30pm	11.00 - 11.30pm
6.30 - 7.00pm	7.30 - 8.00pm	8.30 - 9.00pm	9.30 - 10.00pm	10.30 - 11.00pm	11.30 - 12.00am
7.00 - 7.30pm	8.00 - 8.30pm	9.00 - 9.30pm	10.00 - 10.30pm	11.00 - 11.30pm	12.00 - 12.30am
7.30 - 8.00pm	8.30 - 9.00pm	9.30 - 10.00pm	10.30 - 11.00pm	11.30 - 12.00am	12.30 - 1.00am
8.00 - 8.30pm	9.00 - 9.30pm	10.00 - 10.30pm	11.00 - 11.30pm	12.00 - 12.30am	1.00 - 1.30am
8.30 - 9.00pm	9.30 - 10.00pm	10.30 - 11.00pm	11.30 - 12.00am	12.30 - 1.00am	1.30 - 2.00am
ORANGE	LAVENDER	PINK	GREEN	YELLOW	BLUE

Each Time Zone has a heavy outline to represent the ideal time to call that time zone. MEDIUM OUTLINE Denotes Outer Edge of Ideal Time Color in your time zone according to the color codes of each time zone to show when you are to call that particular time zone.