12 AM	12 PM
1 AM	1 PM
2 AM	2 PM
3 AM	3 PM
4 AM	4 PM
5 AM	5 PM
6 AM	6 PM
7 AM	7 PM
8 AM	8 PM
9 AM	9 PM
10 AM	10 PM
11 AM	11PM

MONTH/DAY/YEAR

☐ SUN ☐ MON ☐ TUE ☐ WED ☐ THU ☐ FRI ☐ SAT

HOLY HOUR FORM

Eucharistic Adoration Sign-up Form

NAME	PHONE #	HOUR