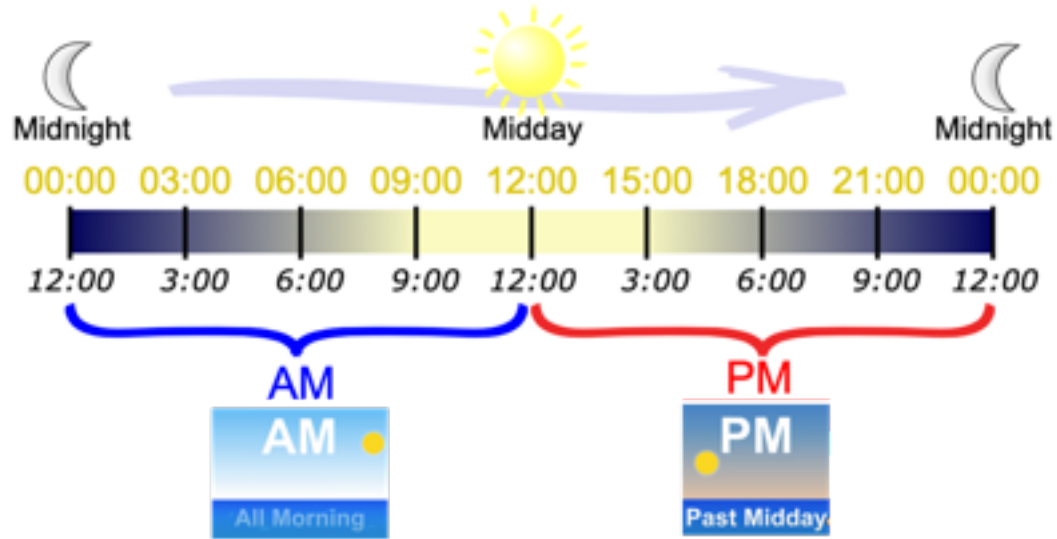
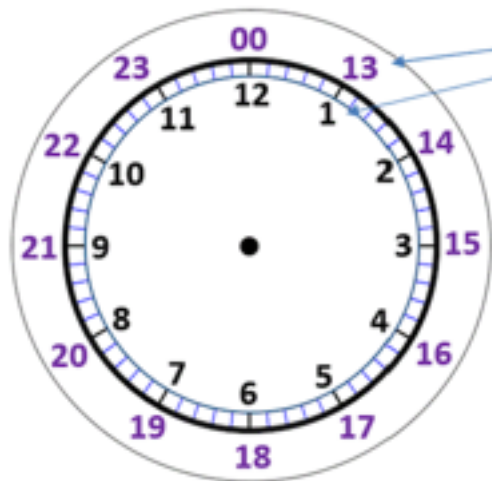


12 Hour Time and 24 Hour Time Mat

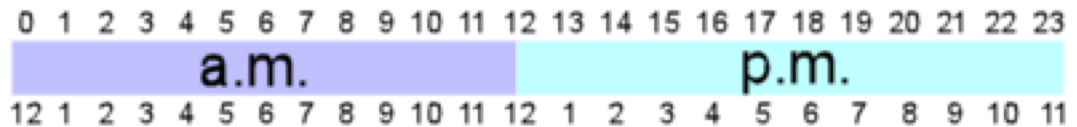


HOURS IN THE 24 HOUR CLOCK																																			
00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	00											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12											
am times												HOURS ON AN ANALOGUE CLOCK												pm times											



1:00pm becomes 13:00 in 24 hour time.

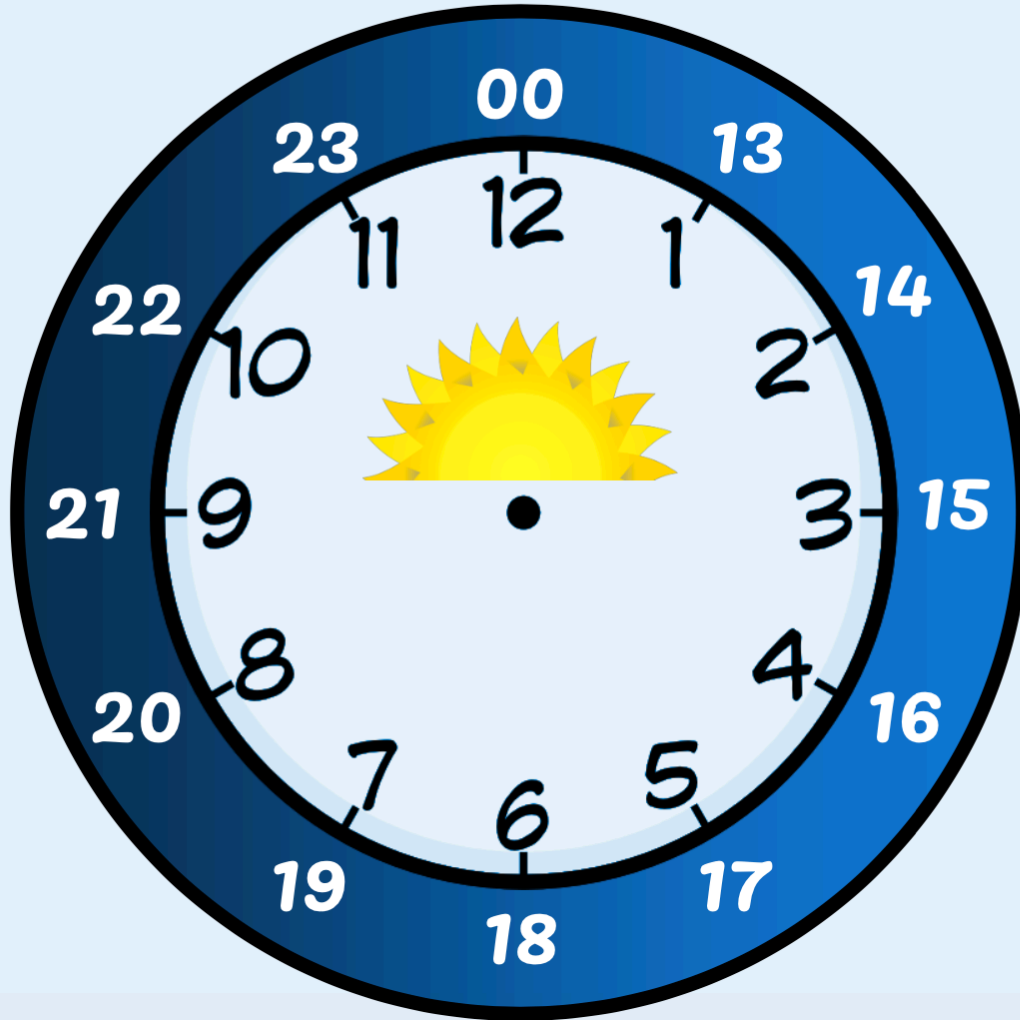
24-hour time



12-hour time

12 Hour Time and 24 Hour Time Mat

Converting 12 and 24 hour clocks



12 am	00:00
1am	01:00
2am	02:00
3am	03:00
4am	04:00
5am	05:00
6am	06:00
7am	07:00
8am	08:00
9am	09:00
10am	10:00
11am	11:00

12 pm **Noon**
Lunch time

1pm	13:00
2pm	14:00
3pm	15:00
4pm	16:00
5pm	17:00
6pm	18:00
7pm	19:00
8pm	20:00
9pm	21:00
10pm	22:00
11pm	23:00