Frame Adjustments Chart

Size of Turns: ☐ Number of Turns per day: ☐

Which direction should the Dice Nut be turned? 4,3,2,1,4,3,2,1 etc or 1,2,3,4,1,2,3,4 etc
Circle correct direction.

Date	Breakfast 0700 hrs	Lunch 1200 hrs	Supper 1800 hrs	Bedtime 2100 hrs