

- 1) **Sunday** is the day of the week between Saturday and Monday. Sunday is a day of rest in most Western countries. For most observant Christians, Sunday is observed as a day of rest, holding it as the Lord's Day and the day of Christ's resurrection. The name "Sunday", the day of the Sun, is derived from Hellenistic astrology, where the seven planets, known in English as Saturn, Jupiter, Mars, the Sun, Venus, Mercury and the Moon. During the 1st and 2nd century, the week of seven days was introduced into Rome from Egypt, and the Roman names of the planets were given to each successive day.
- 2) **Monday** is viewed by many to be the "worst" day of the week, as it marks the return to work following the weekend, when most full-time employees are given two days off. Most students attend school in the morning and return home in the afternoon (usually from about eight until three or seven until two), and most workers go to work in the morning and return home in the evening (usually from nine to five or eight to four).
- 3) **Tuesday** is the second day of the week, and is in many ways similar to Monday. Not a whole lot changes, schedule-wise, between Tuesday and Monday; most individuals go to school or work and return home to watch television, play video games, make plans with friends, spend time with family, read, or engage in a similar leisure-related activity.
- 4) **Wednesday** is the third day of the week, and serves as the "middle" of the work week; some individuals refer to Wednesday as "hump day," as once its workday is complete, employees will have passed the work-week "hump," and will be on the downturn, as only two days on the job will remain in the week.
- 5) **Friday** is the fifth day of the week, and marks the end of the workweek and school-week for the vast majority of employees and students. By Friday afternoon/evening, most students/workers cannot wait to leave and go home, as they won't have to report back to school/work until Monday. Friday is considered unlucky in some cultures. This is particularly so in maritime circles; perhaps the most enduring sailing superstition is that it is unlucky to begin a voyage on a Friday.
- 6) **Saturday** is perhaps the most highly regarded day of the week. Because Sunday follows it (and there is presumably no work or school to attend, for most individuals), everyone is free to stay out (or awake) until late at night, having fun with plans or other leisure-related activities. To be sure, Saturday is generally thought of as a day to partake in hobbies that couldn't otherwise be enjoyed during the regular week