

<b>Date</b>	<b>Time</b>	<b>Name Of Program</b>		
10/01/2011	00:00	Globe Trekker		
10/01/2011	01:00	Wild Weddings		
10/01/2011	02:00	Samantha Brown Presents		
10/01/2011	03:00	Nigella kitchen		
10/01/2011	03:30	Glutton For Punishment		
10/01/2011	04:00	Fitness Fusion		
10/01/2011	05:00	Wild Weddings		
10/01/2011	06:00	Chew		
10/01/2011	06:30	Chew		
10/01/2011	07:00	Samantha Brown Presents		
10/01/2011	08:00	Chew		
10/01/2011	08:30	Chew		
10/01/2011	09:00	World Cafe Asia		
10/01/2011	09:30	After 12		
10/01/2011	10:00	Nigella kitchen		
10/01/2011	10:30	Xtreme Sommer		
10/01/2011	11:00	Disnery Parks		
10/01/2011	12:00	Travel Weekend		
10/01/2011	13:00	Chew		
10/01/2011	13:30	Chew		
10/01/2011	14:00	Wild Weddings		
10/01/2011	15:00	Samantha Brown Presents		
10/01/2011	16:00	Cheese Slices		
10/01/2011	16:30	Living With A Superstar		
10/01/2011	17:00	TLC Exclusives		
10/01/2011	18:00	Anthony Bourdain : No Reservations		
10/01/2011	19:00	Chew		
10/01/2011	19:30	Chew		
10/01/2011	20:00	Filthy Rich & Homeless		
10/01/2011	21:00	Great Cruises		
10/01/2011	22:00	Rachel Allen : Bake		
10/01/2011	22:30	Chuck's Day Off		
10/01/2011	23:00	Bridget Sexiest Beaches		
10/02/2011	00:00	Day Trip Designer		
10/02/2011	01:00	Culinary Asia		
10/02/2011	02:00	Great Cruises		
10/02/2011	03:00	Rachel Allen : Bake		
10/02/2011	03:30	Chuck's Day Off		
10/02/2011	04:00	Bridget Sexiest Beaches		
10/02/2011	05:00	Culinary Asia		
10/02/2011	06:00	Chew		
10/02/2011	06:30	Chew		
10/02/2011	07:00	World Cafe Middle East		
10/02/2011	08:00	Chew		
10/02/2011	08:30	Chew		

10/02/2011	09:00	Xtreme Tourist		
10/02/2011	09:30	Sea Nation		
10/02/2011	10:00	Rachel Allen : Bake		
10/02/2011	10:30	Chuck's Day Off		
10/02/2011	11:00	Around The World		
10/02/2011	12:00	Best Of Ian Wright		
10/02/2011	13:00	Nigella Bites		
10/02/2011	13:30	Everyday Exotic		
10/02/2011	14:00	Uberguide		
10/02/2011	15:00	World Cafe Asia		
10/02/2011	15:30	After 12		
10/02/2011	16:00	Kylie Kwong : Cooking With Heart & Soul		
10/02/2011	16:30	Chuck's Day Off		
10/02/2011	17:00	TLC Exclusives		
10/02/2011	18:00	I've Got Nothing To Wear		
10/02/2011	19:00	Chew		
10/02/2011	19:30	Chew		
10/02/2011	20:00	Super Swank		
10/02/2011	21:00	Xtreme Tourist		
10/02/2011	21:30	Sea Nation		
10/02/2011	22:00	Everyday Exotic		
10/02/2011	22:30	Brew Masters		
10/02/2011	23:30	Beach Watch		
10/03/2011	00:00	Great Cruises		
10/03/2011	01:00	I've Got Nothing To Wear		
10/03/2011	02:00	Xtreme Tourist		
10/03/2011	02:30	Sea Nation		
10/03/2011	03:00	Everyday Exotic		
10/03/2011	03:30	Get Out		
10/03/2011	04:00	Beach Watch		
10/03/2011	04:30	5 Star Insider		
10/03/2011	05:00	I've Got Nothing To Wear		
10/03/2011	06:00	Chew		
10/03/2011	06:30	Chew		
10/03/2011	07:00	Around The World		
10/03/2011	08:00	Chew		
10/03/2011	08:30	Chew		
10/03/2011	09:00	Anthony Bourdain's No Reservation		
10/03/2011	10:00	Everyday Exotic		
10/03/2011	10:30	Cheese Slices		
10/03/2011	11:00	Super Swank		
10/03/2011	12:00	Day Trip Designer		
10/03/2011	13:00	Chew		
10/03/2011	14:00	Cover Shot		
10/03/2011	14:30	I Propose		
10/03/2011	15:00	Xtreme Tourist		

10/03/2011	15:30	Sea Nation		
10/03/2011	16:00	Nigella Kitchen		
10/03/2011	16:30	Xtreme Sommer		
10/03/2011	17:00	Bizarre Foods		
10/03/2011	18:00	Fitness Fusion		
10/03/2011	19:00	Chew		
10/03/2011	20:00	A Model Life With Petra Nemcov		
10/03/2011	21:00	Anthony Bourdain No Reservations		
10/03/2011	22:00	Cheese Slices		
10/03/2011	22:30	Matthew Hayden's Home Ground		
10/03/2011	23:30	Get Out		
10/04/2011	00:00	Best Of Ian Wright		
10/04/2011	01:00	Day Trip Designer		
10/04/2011	02:00	Matthew Hayden's Home Ground		
10/04/2011	03:00	Cheese Slices		
10/04/2011	03:30	Extreme		
10/04/2011	04:30	Get Out		
10/04/2011	05:00	Day Trip Designer		
10/04/2011	06:00	Chew		
10/04/2011	07:00	Fitness Fusion		
10/04/2011	08:00	Chew		
10/04/2011	09:00	Globe Trekker		
10/04/2011	10:00	Cheese Slices		
10/04/2011	10:30	Dream Hotels		
10/04/2011	11:00	Best Of Ian Wright		
10/04/2011	12:00	Extreme		
10/04/2011	13:00	Chew		
10/04/2011	14:00	A Model Life With Petra Nemcov		
10/04/2011	15:00	Anthony Bourdain No Reservations		
10/04/2011	16:00	Cheese Slices		
10/04/2011	16:30	Matthew Hayden's Home Ground		
10/04/2011	17:30	Newly Wed, Nearly Dead		
10/04/2011	18:00	Lottery Changed My Life		
10/04/2011	19:00	Chew		
10/04/2011	20:00	Hell's Kitchen		
10/04/2011	21:00	Globe Trekker		
10/04/2011	22:00	Kylie Kwong		
10/04/2011	22:30	Best Of Man Vs Food		
10/04/2011	23:00	Wild Weddings		
10/05/2011	00:00	Globe Trekker		
10/05/2011	01:00	Extreme		
10/05/2011	02:00	Globe Trekker		
10/05/2011	03:00	Kylie Kwong		
10/05/2011	03:30	Best Of Man Vs Food		
10/05/2011	04:00	Best Of Ian Wright		
10/05/2011	05:00	Extreme		

10/05/2011	06:00	Chew		
10/05/2011	07:00	Disnery Parks		
10/05/2011	08:00	Chew		
10/05/2011	09:00	Walking the World		
10/05/2011	10:00	Kylie Kwong		
10/05/2011	10:30	Project Runway		
10/05/2011	11:30	After 12		
10/05/2011	12:00	A Model Life With Petra Nemcov		
10/05/2011	13:00	Chew		
10/05/2011	14:00	La Ink		
10/05/2011	15:00	Globe Trekker		
10/05/2011	16:00	Kylie Kwong		
10/05/2011	16:30	Best Of Man Vs Food		
10/05/2011	17:00	Filthy Rich & Homeless		
10/05/2011	18:00	Wild Weddings		
10/05/2011	19:00	Chew		
10/05/2011	20:00	Culinary Asia		
10/05/2011	21:00	Walking The World		
10/05/2011	22:00	Dream Hotels		
10/05/2011	22:30	Project Runway		
10/05/2011	23:30	Get Out		
10/06/2011	00:00	Walking The World		
10/06/2011	01:00	Glutton For Punishment		
10/06/2011	01:30	5 Star Insider		
10/06/2011	02:00	Walking The World		
10/06/2011	03:00	Dream Hotels		
10/06/2011	03:30	Project Runway		
10/06/2011	04:30	After 12		
10/06/2011	05:00	Glutton For Punishment		
10/06/2011	05:30	Sea Nation		
10/06/2011	06:00	Chew		
10/06/2011	07:00	Globe Trekker		
10/06/2011	08:00	Chew		
10/06/2011	09:00	Samantha Brown Presents		
10/06/2011	10:00	Dream Hotels		
10/06/2011	10:30	Living With A Superstar		
10/06/2011	11:00	Fitness Fusion		
10/06/2011	12:00	I've Got Nothing To Wear		
10/06/2011	13:00	Chew		
10/06/2011	14:00	Hell's Kitchen		
10/06/2011	15:00	Walking The World		
10/06/2011	16:00	Dream Hotels		
10/06/2011	16:30	Project Runway		
10/06/2011	17:30	Glutton For Punishment		
10/06/2011	18:00	Cover Shot		
10/06/2011	18:30	I Propose		

10/06/2011	19:00	Chew		
10/06/2011	20:00	Wild Weddings		
10/06/2011	21:00	Natural Born Traveller		
10/06/2011	21:30	Rough Guide		
10/06/2011	22:00	Indian Food Made Easy		
10/06/2011	22:30	Living With A Superstar		
10/06/2011	23:00	Around The World		
10/07/2011	00:00	Bridget Sexiest Beaches		
10/07/2011	01:00	Disnery Parks		
10/07/2011	02:00	Natural Born Traveller		
10/07/2011	02:30	Rough Guide		
10/07/2011	03:00	Indian Food Made Easy		
10/07/2011	03:30	Living With A Superstar		
10/07/2011	04:00	Samantha Brown Presents		
10/07/2011	05:00	Disnery Parks		
10/07/2011	06:00	Chew		
10/07/2011	07:00	TLC Exclusives		
10/07/2011	08:00	Chew		
10/07/2011	09:00	1000 Places To See Before You Die		
10/07/2011	10:00	Indian Food Made Easy		
10/07/2011	10:30	Glutton For Punishment		
10/07/2011	11:00	Miami Ink		
10/07/2011	12:00	Wild Weddings		
10/07/2011	13:00	Chew		
10/07/2011	14:00	Things To Try Before You die		
10/07/2011	15:00	Natural Born Traveller		
10/07/2011	15:30	Rough Guide		
10/07/2011	16:00	Indian Food Made Easy		
10/07/2011	16:30	Feast Bazaar		
10/07/2011	17:00	Fabulous Cakes		
10/07/2011	18:00	Miami Ink		
10/07/2011	19:00	Chew		
10/07/2011	20:00	Rags To Red Carpet		
10/07/2011	20:30	Take Home Chef		
10/07/2011	21:00	Samantha Brown Presents		
10/07/2011	22:00	Nigella Kitchen		
10/07/2011	22:30	Get Out		
10/07/2011	23:00	Fitness Fusion		
10/08/2011	00:00	Best Of Ian Wright		
10/08/2011	01:00	Wild Weddings		
10/08/2011	02:00	Samantha Brown Presents		
10/08/2011	03:00	Nigella Kitchen		
10/08/2011	03:30	Glutton For Punishment		
10/08/2011	04:00	Fitness Fusion		
10/08/2011	05:00	Wild Weddings		
10/08/2011	06:00	Chew		

10/08/2011	07:00	TLC Exclusives		
10/08/2011	08:00	Chew		
10/08/2011	09:00	World Cafe Asia		
10/08/2011	09:30	After 12		
10/08/2011	10:00	Nigella Kitchen		
10/08/2011	10:30	Cocktail Kings		
10/08/2011	11:00	Disnery Parks		
10/08/2011	12:00	Culinary Asia		
10/08/2011	13:00	Chew		
10/08/2011	14:00	Wild Weddings		
10/08/2011	15:00	Samantha Brown Presents		
10/08/2011	16:00	Nigella Kitchen		
10/08/2011	16:30	Living With A Superstar		
10/08/2011	17:00	TLC Exclusives		
10/08/2011	18:00	Hell's Kitchen		
10/08/2011	19:00	Chew		
10/08/2011	20:00	Filthy Rich & Homeless		
10/08/2011	21:00	Great Cruises		
10/08/2011	22:00	Rachel Allen : Bake		
10/08/2011	22:30	Chuck's Day Off		
10/08/2011	23:00	Bridget Sexiest Beaches		
10/09/2011	00:00	Samantha Brown Presents		
10/09/2011	01:00	Culinary Asia		
10/09/2011	02:00	Great Cruises		
10/09/2011	03:00	Rachel Allen : Bake		
10/09/2011	03:30	Chuck's Day Off		
10/09/2011	04:00	Bridget Sexiest Beaches		
10/09/2011	05:00	Culinary Asia		
10/09/2011	06:00	Chew		
10/09/2011	07:00	TLC Exclusives		
10/09/2011	08:00	Chew		
10/09/2011	09:00	Xtreme Tourist		
10/09/2011	09:30	Sea Nation		
10/09/2011	10:00	Rachel Allen : Bake		
10/09/2011	10:30	Xtreme Sommer		
10/09/2011	11:00	Around The World		
10/09/2011	12:00	Best Of Ian Wright		
10/09/2011	13:00	Nigella Bites		
10/09/2011	13:30	Everyday Exotic		
10/09/2011	14:00	Uberguide		
10/09/2011	15:00	Great Cruises		
10/09/2011	16:00	Rachel Allen : Bake		
10/09/2011	16:30	Chuck's Day Off		
10/09/2011	17:00	TLC Exclusives		
10/09/2011	18:00	I've Got Nothing To Wear		
10/09/2011	19:00	Chew		

10/09/2011	20:00	Super Swank		
10/09/2011	21:00	Xtreme Tourist		
10/09/2011	21:30	Sea Nation		
10/09/2011	22:00	Everyday Exotic		
10/09/2011	22:30	Brew Masters		
10/09/2011	23:30	Beach Watch		
10/10/2011	00:00	Great Cruises		
10/10/2011	01:00	I've Got Nothing To Wear		
10/10/2011	02:00	Xtreme Tourist		
10/10/2011	02:30	Sea Nation		
10/10/2011	03:00	Everyday Exotic		
10/10/2011	03:30	Xtreme Tourist		
10/10/2011	04:00	Beach Watch		
10/10/2011	04:30	Xtreme Tourist		
10/10/2011	05:00	I've Got Nothing To Wear		
10/10/2011	06:00	Chew		
10/10/2011	07:00	Around The World		
10/10/2011	08:00	Chew		
10/10/2011	09:00	Anthony Bourdain No Reservations		
10/10/2011	10:00	Everyday Exotic		
10/10/2011	10:30	Cheese Slices		
10/10/2011	11:00	Super Swank		
10/10/2011	12:00	Day Trip Designer		
10/10/2011	13:00	Chew		
10/10/2011	14:00	Cover Shot		
10/10/2011	14:30	I Propose		
10/10/2011	15:00	Xtreme Tourist		
10/10/2011	15:30	Sea Nation		
10/10/2011	16:00	Everyday Exotic		
10/10/2011	16:30	Xtreme Sommer		
10/10/2011	17:00	Bizarre Foods		
10/10/2011	18:00	Fitness Fusion		
10/10/2011	19:00	Chew		
10/10/2011	20:00	A Model Life With Petra Nemcov		
10/10/2011	21:00	Anthony Bourdain No Reservations		
10/10/2011	22:00	Style Star		
10/10/2011	22:30	Matthew Hayden's Home Ground		
10/10/2011	23:30	Get Out		
10/11/2011	00:00	Xtreme Tourist		
10/11/2011	00:30	Sea Nation		
10/11/2011	01:00	Day Trip Designer		
10/11/2011	02:00	Matthew Hayden's Home Ground		
10/11/2011	03:00	Style Star		
10/11/2011	03:30	Extreme		
10/11/2011	04:30	Get Out		
10/11/2011	05:00	Day Trip Designer		

10/11/2011	06:00	Chew		
10/11/2011	07:00	Fitness Fusion		
10/11/2011	08:00	Chew		
10/11/2011	09:00	Globe Trekker		
10/11/2011	10:00	Style Star		
10/11/2011	10:30	Dream Hotels		
10/11/2011	11:00	Best Of Ian Wright		
10/11/2011	12:00	Extreme		
10/11/2011	13:00	Chew		
10/11/2011	14:00	A Model Life With Petra Nemcov		
10/11/2011	15:00	Anthony Bourdain No Reservations		
10/11/2011	16:00	Style Star		
10/11/2011	16:30	Matthew Hayden's Home Ground		
10/11/2011	17:30	Newly Wed, Nearly Dead		
10/11/2011	18:00	Lottery Changed My Life		
10/11/2011	19:00	Chew		
10/11/2011	20:00	Hell's Kitchen		
10/11/2011	21:00	Globe Trekker		
10/11/2011	22:00	Style Star		
10/11/2011	22:30	Best Of Man Vs Food		
10/11/2011	23:00	Wild Weddings		
10/12/2011	00:00	Day Trip Designer		
10/12/2011	01:00	Extreme		
10/12/2011	02:00	Globe Trekker		
10/12/2011	03:00	Style Star		
10/12/2011	03:30	Best Of Man Vs Food		
10/12/2011	04:00	Best Of Ian Wright		
10/12/2011	05:00	Extreme		
10/12/2011	06:00	Chew		
10/12/2011	07:00	Disnery Parks		
10/12/2011	08:00	Chew		
10/12/2011	09:00	Walking The World		
10/12/2011	10:00	Style Star		
10/12/2011	10:30	Project Runway		
10/12/2011	11:30	After 12		
10/12/2011	12:00	A Model Life With Petra Nemcov		
10/12/2011	13:00	Chew		
10/12/2011	14:00	La Ink		
10/12/2011	15:00	Globe Trekker		
10/12/2011	16:00	Style Star		
10/12/2011	16:30	Best Of Man Vs Food		
10/12/2011	17:00	Filthy Rich & Homeless		
10/12/2011	18:00	Wild Weddings		
10/12/2011	19:00	Chew		
10/12/2011	20:00	Culinary Asia		
10/12/2011	21:00	Walking The World		

10/12/2011	22:00	Style Star		
10/12/2011	22:30	Project Runway		
10/12/2011	23:30	Get Out		
10/13/2011	00:00	Extreme		
10/13/2011	01:00	Glutton For Punishment		
10/13/2011	01:30	5 Star Insider		
10/13/2011	02:00	Walking The World		
10/13/2011	03:00	Style Star		
10/13/2011	03:30	Project Runway		
10/13/2011	04:30	After 12		
10/13/2011	05:00	Glutton For Punishment		
10/13/2011	05:30	Xtreme Tourist		
10/13/2011	06:00	Chew		
10/13/2011	07:00	Globe Trekker		
10/13/2011	08:00	Chew		
10/13/2011	09:00	Natural Born Traveller		
10/13/2011	09:30	Rough Guide		
10/13/2011	10:00	Style Star		
10/13/2011	10:30	Living With A Superstar		
10/13/2011	11:00	Fitness Fusion		
10/13/2011	12:00	I've Got Nothing To Wear		
10/13/2011	13:00	Chew		
10/13/2011	14:00	Hell's Kitchen		
10/13/2011	15:00	Walking The World		
10/13/2011	16:00	Style Star		
10/13/2011	16:30	Project Runway		
10/13/2011	17:30	Glutton For Punishment		
10/13/2011	18:00	Cover Shot		
10/13/2011	18:30	I Propose		
10/13/2011	19:00	Chew		
10/13/2011	20:00	Wild Weddings		
10/13/2011	21:00	Natural Born Traveller		
10/13/2011	21:30	Rough Guide		
10/13/2011	22:00	Style Star		
10/13/2011	22:30	Living With A Superstar		
10/13/2011	23:00	Around The World		
10/14/2011	00:00	Samantha Brown Presents		
10/14/2011	01:00	Disnery Parks		
10/14/2011	02:00	Natural Born Traveller		
10/14/2011	02:30	Rough Guide		
10/14/2011	03:00	Style Star		
10/14/2011	03:30	Living With A Superstar		
10/14/2011	04:00	Samantha Brown Presents		
10/14/2011	05:00	Disnery Parks		
10/14/2011	06:00	Chew		
10/14/2011	07:00	TLC Exclusives		

10/14/2011	08:00	Chew		
10/14/2011	09:00	Samantha Brown Presents		
10/14/2011	10:00	Style Star		
10/14/2011	10:30	Glutton For Punishment		
10/14/2011	11:00	Miami Ink		
10/14/2011	12:00	Wild Weddings		
10/14/2011	13:00	Chew		
10/14/2011	14:00	Things To Try Before You die		
10/14/2011	15:00	Natural Born Traveller		
10/14/2011	15:30	Rough Guide		
10/14/2011	16:00	Style Star		
10/14/2011	16:30	Feast Bazaar		
10/14/2011	17:00	Fabulous Cakes		
10/14/2011	18:00	Miami Ink		
10/14/2011	19:00	Chew		
10/14/2011	20:00	Rags To Red Carpet		
10/14/2011	20:30	Take Home Chef		
10/14/2011	21:00	Samantha Brown Presents		
10/14/2011	22:00	Style Star		
10/14/2011	22:30	Get Out		
10/14/2011	23:00	Fitness Fusion		
10/15/2011	00:00	Culinary Asia		
10/15/2011	01:00	Wild Weddings		
10/15/2011	02:00	Samantha Brown Presents		
10/15/2011	03:00	Style Star		
10/15/2011	03:30	Glutton For Punishment		
10/15/2011	04:00	Fitness Fusion		
10/15/2011	05:00	Wild Weddings		
10/15/2011	06:00	Chew		
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10/15/2011	08:00	Chew		
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10/15/2011	10:00	Style Star		
10/15/2011	10:30	Chuck's Day Off		
10/15/2011	11:00	Disnery Parks		
10/15/2011	12:00	Culinary Asia		
10/15/2011	13:00	Chew		
10/15/2011	14:00	Wild Weddings		
10/15/2011	15:00	Samantha Brown Presents		
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10/15/2011	16:30	Living With A Superstar		
10/15/2011	17:00	TLC Exclusives		
10/15/2011	18:00	Hell's Kitchen		
10/15/2011	19:00	Chew		
10/15/2011	20:00	Filthy Rich & Homeless		
10/15/2011	21:00	Great Cruises		

10/15/2011	22:00	Style Star		
10/15/2011	22:30	Chuck's Day Off		
10/15/2011	23:00	Bridget Sexiest Beaches		
10/16/2011	00:00	I've Got Nothing To Wear		
10/16/2011	01:00	Culinary Asia		
10/16/2011	02:00	Great Cruises		
10/16/2011	03:00	Style Star		
10/16/2011	03:30	Chuck's Day Off		
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10/16/2011	09:00	Xtreme Tourist		
10/16/2011	09:30	Sea Nation		
10/16/2011	10:00	Style Star		
10/16/2011	10:30	Xtreme Sommer		
10/16/2011	11:00	Around The World		
10/16/2011	12:00	Best Of Ian Wright		
10/16/2011	13:00	Nigella Bites		
10/16/2011	13:30	Everyday Exotic		
10/16/2011	14:00	Uberguide		
10/16/2011	15:00	Great Cruises		
10/16/2011	16:00	Style Star		
10/16/2011	16:30	Chuck's Day Off		
10/16/2011	17:00	TLC Exclusives		
10/16/2011	18:00	I've Got Nothing To Wear		
10/16/2011	19:00	Chew		
10/16/2011	19:30	Chew		
10/16/2011	20:00	Super Swank		
10/16/2011	21:00	Xtreme Tourist		
10/16/2011	21:30	Indian Rendezvous		
10/16/2011	22:00	Style Star		
10/16/2011	22:30	Brew Masters		
10/16/2011	23:30	Beach Watch		
10/17/2011	00:00	Day Trip Designer		
10/17/2011	01:00	I've Got Nothing To Wear		
10/17/2011	02:00	Xtreme Tourist		
10/17/2011	02:30	Indian Rendezvous		
10/17/2011	03:00	Style Star		
10/17/2011	03:30	Xtreme Tourist		
10/17/2011	04:00	Beach Watch		
10/17/2011	04:30	5 Star Insider		
10/17/2011	05:00	I've Got Nothing To Wear		
10/17/2011	06:00	Chew		
10/17/2011	06:30	Chew		

10/17/2011	07:00	Around The World		
10/17/2011	08:00	Chew		
10/17/2011	09:00	Anthony Bourdain No Reservations		
10/17/2011	10:00	Style Star		
10/17/2011	10:30	Cheese Slices		
10/17/2011	11:00	Super Swank		
10/17/2011	12:00	Day Trip Designer		
10/17/2011	13:00	Chew		
10/17/2011	14:00	Cover Shot		
10/17/2011	14:30	I Propose		
10/17/2011	15:00	Xtreme Tourist		
10/17/2011	15:30	Indian Rendezvous		
10/17/2011	16:00	Style Star		
10/17/2011	16:30	Xtreme Sommer		
10/17/2011	17:00	Bizarre Foods		
10/17/2011	18:00	Fitness Fusion		
10/17/2011	19:00	Chew		
10/17/2011	19:30	Chew		
10/17/2011	20:00	A Model Life With Petra Nemcov		
10/17/2011	21:00	Anthony Bourdain No Reservations		
10/17/2011	22:00	Style Star		
10/17/2011	22:30	Matthew Hayden's Home Ground		
10/17/2011	23:30	Get Out		
10/18/2011	00:00	Extreme		
10/18/2011	01:00	Day Trip Designer		
10/18/2011	02:00	Matthew Hayden's Home Ground		
10/18/2011	03:00	Style Star		
10/18/2011	03:30	Extreme		
10/18/2011	04:30	Get Out		
10/18/2011	05:00	Day Trip Designer		
10/18/2011	06:00	Chew		
10/18/2011	06:30	Chew		
10/18/2011	07:00	Fitness Fusion		
10/18/2011	08:00	Chew		
10/18/2011	09:00	Globe Trekker		
10/18/2011	10:00	Style Star		
10/18/2011	10:30	Dream Hotels		
10/18/2011	11:00	Best Of Ian Wright		
10/18/2011	12:00	Extreme		
10/18/2011	13:00	Chew		
10/18/2011	14:00	A Model Life With Petra Nemcov		
10/18/2011	15:00	Anthony Bourdain No Reservations		
10/18/2011	16:00	Style Star		
10/18/2011	16:30	Matthew Hayden's Home Ground		
10/18/2011	17:30	Newly Wed, Nearly Dead		
10/18/2011	18:00	Lottery Changed My Life		

10/18/2011	19:00	Chew		
10/18/2011	19:30	Chew		
10/18/2011	20:00	Hell's Kitchen		
10/18/2011	21:00	Globe Trekker		
10/18/2011	22:00	Style Star		
10/18/2011	22:30	Best Of Man Vs Food		
10/18/2011	23:00	Wild Weddings		
10/19/2011	00:00	Disnery Parks		
10/19/2011	01:00	Extreme		
10/19/2011	02:00	Globe Trekker		
10/19/2011	03:00	Style Star		
10/19/2011	03:30	Best Of Man Vs Food		
10/19/2011	04:00	Best Of Ian Wright		
10/19/2011	05:00	Extreme		
10/19/2011	06:00	Chew		
10/19/2011	06:30	Chew		
10/19/2011	07:00	Disnery Parks		
10/19/2011	08:00	Chew		
10/19/2011	09:00	Walking The World		
10/19/2011	10:00	Style Star		
10/19/2011	10:30	Project Runway		
10/19/2011	11:30	After 12		
10/19/2011	12:00	A Model Life With Petra Nemcov		
10/19/2011	13:00	Chew		
10/19/2011	14:00	Rags To Red Carpet		
10/19/2011	14:30	Newly Wed, Nearly Dead		
10/19/2011	15:00	Globe Trekker		
10/19/2011	16:00	Style Star		
10/19/2011	16:30	Best Of Man Vs Food		
10/19/2011	17:00	Filthy Rich & Homeless		
10/19/2011	18:00	Wild Weddings		
10/19/2011	19:00	Chew		
10/19/2011	19:30	Chew		
10/19/2011	20:00	Culinary Asia		
10/19/2011	21:00	Walking The World		
10/19/2011	22:00	Style Star		
10/19/2011	22:30	Project Runway		
10/19/2011	23:30	Get Out		
10/20/2011	00:00	Wild Weddings		
10/20/2011	01:00	Glutton For Punishment		
10/20/2011	01:30	5 Star Insider		
10/20/2011	02:00	Walking The World		
10/20/2011	03:00	Style Star		
10/20/2011	03:30	Project Runway		
10/20/2011	04:30	After 12		
10/20/2011	05:00	Glutton For Punishment		

10/20/2011	05:30	5 Star Insider		
10/20/2011	06:00	Chew		
10/20/2011	06:30	Chew		
10/20/2011	07:00	Globe Trekker		
10/20/2011	08:00	Chew		
10/20/2011	09:00	Natural Born Traveller		
10/20/2011	09:30	Rough Guide		
10/20/2011	10:00	Style Star		
10/20/2011	10:30	Living With A Superstar		
10/20/2011	11:00	Fitness Fusion		
10/20/2011	12:00	I've Got Nothing To Wear		
10/20/2011	13:00	Chew		
10/20/2011	14:00	Hell's Kitchen		
10/20/2011	15:00	Walking The World		
10/20/2011	16:00	Style Star		
10/20/2011	16:30	Project Runway		
10/20/2011	17:30	Glutton For Punishment		
10/20/2011	18:00	Cover Shot		
10/20/2011	18:30	I Propose		
10/20/2011	19:00	Chew		
10/20/2011	19:30	Chew		
10/20/2011	20:00	Wild Weddings		
10/20/2011	21:00	Natural Born Traveller		
10/20/2011	21:30	Rough Guide		
10/20/2011	22:00	Style Star		
10/20/2011	22:30	Living With A Superstar		
10/20/2011	23:00	Around The World		
10/21/2011	00:00	Culinary Asia		
10/21/2011	01:00	Disnery Parks		
10/21/2011	02:00	Natural Born Traveller		
10/21/2011	02:30	Rough Guide		
10/21/2011	03:00	Style Star		
10/21/2011	03:30	Living With A Superstar		
10/21/2011	04:00	Great Cruises		
10/21/2011	05:00	Disnery Parks		
10/21/2011	06:00	Chew		
10/21/2011	06:30	Chew		
10/21/2011	07:00	TLC Exclusives		
10/21/2011	08:00	Chew		
10/21/2011	09:00	Samantha Brown Presents		
10/21/2011	10:00	Style Star		
10/21/2011	10:30	Glutton For Punishment		
10/21/2011	11:00	Miami Ink		
10/21/2011	12:00	Wild Weddings		
10/21/2011	13:00	Chew		
10/21/2011	14:00	Things To Try Before You die		

10/21/2011	15:00	Natural Born Traveller		
10/21/2011	15:30	Rough Guide		
10/21/2011	16:00	Style Star		
10/21/2011	16:30	Feast Bazaar		
10/21/2011	17:00	Fabulous Cakes		
10/21/2011	18:00	Miami Ink		
10/21/2011	19:00	Chew		
10/21/2011	19:30	Chew		
10/21/2011	20:00	Rags To Red Carpet		
10/21/2011	20:30	Take Home Chef		
10/21/2011	21:00	Samantha Brown Presents		
10/21/2011	22:00	Style Star		
10/21/2011	22:30	Get Out		
10/21/2011	23:00	Fitness Fusion		
10/22/2011	00:00	Globe Trekker		
10/22/2011	01:00	Wild Weddings		
10/22/2011	02:00	Samantha Brown Presents		
10/22/2011	03:00	Style Star		
10/22/2011	03:30	Glutton For Punishment		
10/22/2011	04:00	Fitness Fusion		
10/22/2011	05:00	Wild Weddings		
10/22/2011	06:00	Chew		
10/22/2011	06:30	Chew		
10/22/2011	07:00	TLC Exclusives		
10/22/2011	08:00	Chew		
10/22/2011	09:00	Great Cruises		
10/22/2011	10:00	Style Star		
10/22/2011	10:30	Chuck's Day Off		
10/22/2011	11:00	Disnery Parks		
10/22/2011	12:00	Culinary Asia		
10/22/2011	13:00	Chew		
10/22/2011	14:00	Wild Weddings		
10/22/2011	15:00	Samantha Brown Presents		
10/22/2011	16:00	Style Star		
10/22/2011	16:30	Living With A Superstar		
10/22/2011	17:00	TLC Exclusives		
10/22/2011	18:00	Hell's Kitchen		
10/22/2011	19:00	Chew		
10/22/2011	19:30	Chew		
10/22/2011	20:00	Filthy Rich & Homeless		
10/22/2011	21:00	Great Cruises		
10/22/2011	22:00	Style Star		
10/22/2011	22:30	Chuck's Day Off		
10/22/2011	23:00	Bridget Sexiest Beaches		
10/23/2011	00:00	Walking The World		
10/23/2011	01:00	Culinary Asia		

10/23/2011	02:00	Great Cruises		
10/23/2011	03:00	Style Star		
10/23/2011	03:30	Chuck's Day Off		
10/23/2011	04:00	Bridget Sexiest Beaches		
10/23/2011	05:00	Culinary Asia		
10/23/2011	06:00	Chew		
10/23/2011	06:30	Chew		
10/23/2011	07:00	TLC Exclusives		
10/23/2011	08:00	Chew		
10/23/2011	09:00	Xtreme Tourist		
10/23/2011	09:30	Sea Nation		
10/23/2011	10:00	Style Star		
10/23/2011	10:30	Xtreme Sommer		
10/23/2011	11:00	Around The World		
10/23/2011	12:00	Best Of Ian Wright		
10/23/2011	13:00	Nigella Bites		
10/23/2011	13:30	Everyday Exotic		
10/23/2011	14:00	Uberguide		
10/23/2011	15:00	Great Cruises		
10/23/2011	16:00	Style Star		
10/23/2011	16:30	Chuck's Day Off		
10/23/2011	17:00	TLC Exclusives		
10/23/2011	18:00	I've Got Nothing To Wear		
10/23/2011	19:00	Chew		
10/23/2011	19:30	Chew		
10/23/2011	20:00	Super Swank		
10/23/2011	21:00	Xtreme Tourist		
10/23/2011	21:30	Indian Rendezvous		
10/23/2011	22:00	Style Star		
10/23/2011	22:30	Brew Masters		
10/23/2011	23:30	Beach Watch		
10/24/2011	00:00	Matthew Hayden's Home Ground		
10/24/2011	01:00	I've Got Nothing To Wear		
10/24/2011	02:00	Xtreme Tourist		
10/24/2011	02:30	Indian Rendezvous		
10/24/2011	03:00	Style Star		
10/24/2011	03:30	Xtreme Tourist		
10/24/2011	04:00	Beach Watch		
10/24/2011	04:30	Xtreme Tourist		
10/24/2011	05:00	I've Got Nothing To Wear		
10/24/2011	06:00	Chew		
10/24/2011	06:30	Chew		
10/24/2011	07:00	Around The World		
10/24/2011	08:00	Chew		
10/24/2011	09:00	Anthony Bourdain No Reservations		
10/24/2011	10:00	Style Star		

10/24/2011	10:30	Cheese Slices		
10/24/2011	11:00	Super Swank		
10/24/2011	12:00	Day Trip Designer		
10/24/2011	13:00	Chew		
10/24/2011	14:00	Cover Shot		
10/24/2011	14:30	I Propose		
10/24/2011	15:00	Xtreme Tourist		
10/24/2011	15:30	Indian Rendezvous		
10/24/2011	16:00	Style Star		
10/24/2011	16:30	Xtreme Sommer		
10/24/2011	17:00	Rags To Red Carpet		
10/24/2011	17:30	5 Star Insider		
10/24/2011	18:00	Fitness Fusion		
10/24/2011	19:00	Chew		
10/24/2011	19:30	Chew		
10/24/2011	20:00	A Model Life With Petra Nemcov		
10/24/2011	21:00	Anthony Bourdain No Reservations		
10/24/2011	22:00	Style Star		
10/24/2011	22:30	Matthew Hayden's Home Ground		
10/24/2011	23:30	Get Out		
10/25/2011	00:00	Globe Trekker		
10/25/2011	01:00	Day Trip Designer		
10/25/2011	02:00	Matthew Hayden's Home Ground		
10/25/2011	03:00	Style Star		
10/25/2011	03:30	Extreme		
10/25/2011	04:30	Get Out		
10/25/2011	05:00	Day Trip Designer		
10/25/2011	06:00	Chew		
10/25/2011	06:30	Chew		
10/25/2011	07:00	Fitness Fusion		
10/25/2011	08:00	Chew		
10/25/2011	09:00	Globe Trekker		
10/25/2011	10:00	Style Star		
10/25/2011	10:30	Dream Hotels		
10/25/2011	11:00	Best Of Ian Wright		
10/25/2011	12:00	Extreme		
10/25/2011	13:00	Chew		
10/25/2011	13:30	Chew		
10/25/2011	14:00	A Model Life With Petra Nemcov		
10/25/2011	15:00	Anthony Bourdain No Reservations		
10/25/2011	16:00	Style Star		
10/25/2011	16:30	Matthew Hayden's Home Ground		
10/25/2011	17:30	Newly Wed, Nearly Dead		
10/25/2011	18:00	Lottery Changed My Life		
10/25/2011	19:00	Chew		
10/25/2011	19:30	Chew		

10/25/2011	20:00	Hell's Kitchen		
10/25/2011	21:00	Globe Trekker		
10/25/2011	22:00	Style Star		
10/25/2011	22:30	Best Of Man Vs Food		
10/25/2011	23:00	Wild Weddings		
10/26/2011	00:00	Walking The World		
10/26/2011	01:00	Extreme		
10/26/2011	02:00	Globe Trekker		
10/26/2011	03:00	Style Star		
10/26/2011	03:30	Best Of Man Vs Food		
10/26/2011	04:00	Best Of Ian Wright		
10/26/2011	05:00	Extreme		
10/26/2011	06:00	Chew		
10/26/2011	06:30	Chew		
10/26/2011	07:00	Disnery Parks		
10/26/2011	08:00	Chew		
10/26/2011	09:00	Walking The World		
10/26/2011	10:00	Style Star		
10/26/2011	10:30	Project Runway		
10/26/2011	11:30	After 12		
10/26/2011	12:00	A Model Life With Petra Nemcov		
10/26/2011	13:00	Chew		
10/26/2011	13:30	Chew		
10/26/2011	14:00	Rags To Red Carpet		
10/26/2011	14:30	Newly Wed, Nearly Dead		
10/26/2011	15:00	Globe Trekker		
10/26/2011	16:00	Style Star		
10/26/2011	16:30	Best Of Man Vs Food		
10/26/2011	17:00	Filthy Rich & Homeless		
10/26/2011	18:00	Wild Weddings		
10/26/2011	19:00	Chew		
10/26/2011	19:30	Chew		
10/26/2011	20:00	Culinary Asia		
10/26/2011	21:00	Walking The World		
10/26/2011	22:00	Style Star		
10/26/2011	22:30	Project Runway		
10/26/2011	23:30	Get Out		
10/27/2011	00:00	I've Got Nothing To Wear		
10/27/2011	01:00	Glutton For Punishment		
10/27/2011	01:30	5 Star Insider		
10/27/2011	02:00	Walking The World		
10/27/2011	03:00	Style Star		
10/27/2011	03:30	Project Runway		
10/27/2011	04:30	After 12		
10/27/2011	05:00	Glutton For Punishment		
10/27/2011	05:30	Rough Guide		

10/27/2011	06:00	Chew		
10/27/2011	06:30	Chew		
10/27/2011	07:00	Globe Trekker		
10/27/2011	08:00	Chew		
10/27/2011	09:00	Natural Born Traveller		
10/27/2011	09:30	Rough Guide		
10/27/2011	10:00	Style Star		
10/27/2011	10:30	Living With A Superstar		
10/27/2011	11:00	Fitness Fusion		
10/27/2011	12:00	I've Got Nothing To Wear		
10/27/2011	13:00	Chew		
10/27/2011	13:30	Chew		
10/27/2011	14:00	Hell's Kitchen		
10/27/2011	15:00	Walking The World		
10/27/2011	16:00	Style Star		
10/27/2011	16:30	Project Runway		
10/27/2011	17:30	Glutton For Punishment		
10/27/2011	18:00	Cover Shot		
10/27/2011	18:30	I Propose		
10/27/2011	19:00	Chew		
10/27/2011	19:30	Chew		
10/27/2011	20:00	Wild Weddings		
10/27/2011	21:00	Natural Born Traveller		
10/27/2011	21:30	Rough Guide		
10/27/2011	22:00	Style Star		
10/27/2011	22:30	Living With A Superstar		
10/27/2011	23:00	Around The World		
10/28/2011	00:00	Day Trip Designer		
10/28/2011	01:00	Disnery Parks		
10/28/2011	02:00	Natural Born Traveller		
10/28/2011	02:30	Rough Guide		
10/28/2011	03:00	Style Star		
10/28/2011	03:30	Living With A Superstar		
10/28/2011	04:00	Culinary Asia		
10/28/2011	05:00	Disnery Parks		
10/28/2011	06:00	Chew		
10/28/2011	06:30	Chew		
10/28/2011	07:00	TLC Exclusives		
10/28/2011	08:00	Chew		
10/28/2011	09:00	Samantha Brown Presents		
10/28/2011	10:00	Style Star		
10/28/2011	10:30	Glutton For Punishment		
10/28/2011	11:00	Miami Ink		
10/28/2011	12:00	Wild Weddings		
10/28/2011	13:00	Chew		
10/28/2011	13:30	Chew		

10/28/2011	14:00	Things To Try Before You die		
10/28/2011	15:00	Natural Born Traveller		
10/28/2011	15:30	Rough Guide		
10/28/2011	16:00	Style Star		
10/28/2011	16:30	Feast Bazaar		
10/28/2011	17:00	Fabulous Cakes		
10/28/2011	18:00	Miami Ink		
10/28/2011	19:00	Chew		
10/28/2011	19:30	Chew		
10/28/2011	20:00	Rags To Red Carpet		
10/28/2011	20:30	Take Home Chef		
10/28/2011	21:00	Samantha Brown's Asia		
10/28/2011	22:00	Style Star		
10/28/2011	22:30	Get Out		
10/28/2011	23:00	Fitness Fusion		
10/29/2011	00:00	Extreme		
10/29/2011	01:00	Wild Weddings		
10/29/2011	02:00	Samantha Brown's Asia		
10/29/2011	03:00	Style Star		
10/29/2011	03:30	Glutton For Punishment		
10/29/2011	04:00	Fitness Fusion		
10/29/2011	05:00	Wild Weddings		
10/29/2011	06:00	Chew		
10/29/2011	06:30	Chew		
10/29/2011	07:00	TLC Exclusives		
10/29/2011	08:00	Chew		
10/29/2011	09:00	Great Cruises		
10/29/2011	10:00	Style Star		
10/29/2011	10:30	Chuck's Day Off		
10/29/2011	11:00	Disnery Parks		
10/29/2011	12:00	Culinary Asia		
10/29/2011	13:00	Chew		
10/29/2011	13:30	Chew		
10/29/2011	14:00	Wild Weddings		
10/29/2011	15:00	Samantha Brown Presents		
10/29/2011	16:00	Style Star		
10/29/2011	16:30	Living With A Superstar		
10/29/2011	17:00	TLC Exclusives		
10/29/2011	18:00	Hell's Kitchen		
10/29/2011	19:00	Chew		
10/29/2011	19:30	Chew		
10/29/2011	20:00	Filthy Rich & Homeless		
10/29/2011	21:00	Great Cruises		
10/29/2011	22:00	Style Star		
10/29/2011	22:30	Chuck's Day Off		
10/29/2011	23:00	Bridget Sexiest Beaches		

10/30/2011	00:00	Samantha Brown's Asia		
10/30/2011	01:00	Culinary Asia		
10/30/2011	02:00	Great Cruises		
10/30/2011	03:00	Style Star		
10/30/2011	03:30	Chuck's Day Off		
10/30/2011	04:00	Bridget Sexiest Beaches		
10/30/2011	05:00	Culinary Asia		
10/30/2011	06:00	Chew		
10/30/2011	06:30	Chew		
10/30/2011	07:00	TLC Exclusives		
10/30/2011	08:00	Chew		
10/30/2011	09:00	Xtreme Tourist		
10/30/2011	09:30	Indian Rendezvous		
10/30/2011	10:00	Style Star		
10/30/2011	10:30	Xtreme Sommer		
10/30/2011	11:00	Around The World		
10/30/2011	12:00	Best Of Ian Wright		
10/30/2011	13:00	Nigella Bites		
10/30/2011	13:30	Everyday Exotic		
10/30/2011	14:00	Uberguide		
10/30/2011	15:00	Great Cruises		
10/30/2011	16:00	Style Star		
10/30/2011	16:30	Chuck's Day Off		
10/30/2011	17:00	TLC Exclusives		
10/30/2011	18:00	I've Got Nothing To Wear		
10/30/2011	19:00	Chew		
10/30/2011	19:30	Chew		
10/30/2011	20:00	Super Swank		
10/30/2011	21:00	Xtreme Tourist		
10/30/2011	21:30	Indian Rendezvous		
10/30/2011	22:00	Style Star		
10/30/2011	22:30	Brew Masters		
10/30/2011	23:30	Beach Watch		
10/31/2011	00:00	Great Cruises		
10/31/2011	01:00	I've Got Nothing To Wear		
10/31/2011	02:00	Xtreme Tourist		
10/31/2011	02:30	Indian Rendezvous		
10/31/2011	03:00	Style Star		
10/31/2011	03:30	Xtreme Tourist		
10/31/2011	04:00	Beach Watch		
10/31/2011	04:30	Rough Guide		
10/31/2011	05:00	I've Got Nothing To Wear		
10/31/2011	06:00	Chew		
10/31/2011	06:30	Chew		
10/31/2011	07:00	Around The World		
10/31/2011	08:00	Chew		

10/31/2011	08:30	Chew		
10/31/2011	09:00	Anthony Bourdain No Reservations		
10/31/2011	10:00	Style Star		
10/31/2011	10:30	Cheese Slices		
10/31/2011	11:00	Super Swank		
10/31/2011	12:00	Day Trip Designer		
10/31/2011	13:00	Chew		
10/31/2011	13:30	Chew		
10/31/2011	14:00	Cover Shot		
10/31/2011	14:30	I Propose		
10/31/2011	15:00	Xtreme Tourist		
10/31/2011	15:30	Indian Rendezvous		
10/31/2011	16:00	Style Star		
10/31/2011	16:30	Xtreme Sommer		
10/31/2011	17:00	Rags To Red Carpet		
10/31/2011	17:30	5 Star Insider		
10/31/2011	18:00	Fitness Fusion		
10/31/2011	19:00	Chew		
10/31/2011	19:30	Chew		
10/31/2011	20:00	A Model Life With Petra Nemcov		
10/31/2011	21:00	Anthony Bourdain No Reservations		
10/31/2011	22:00	Style Star		
10/31/2011	22:30	Matthew Hayden's Home Ground		
10/31/2011	23:30	Get Out		
11/01/2011	00:00	Wild Weddings		
11/01/2011	01:00	Day Trip Designer		
11/01/2011	02:00	Matthew Hayden's Home Ground		
11/01/2011	03:00	5 Star Insider		
11/01/2011	03:30	Extreme		
11/01/2011	04:30	Get Out		
11/01/2011	05:00	Day Trip Designer		