

Certainly! To convert Central Time (CT) to Eastern Time (ET), you add one hour. Here's a simple chart to help you with the conversion:

| <b><i>Central Time (CT)</i></b> | <b><i>Eastern Time (ET)</i></b> |
|---------------------------------|---------------------------------|
| <i>12:00 AM</i>                 | <i>1:00 AM</i>                  |
| <i>1:00 AM</i>                  | <i>2:00 AM</i>                  |
| <i>2:00 AM</i>                  | <i>3:00 AM</i>                  |
| <i>3:00 AM</i>                  | <i>4:00 AM</i>                  |
| <i>4:00 AM</i>                  | <i>5:00 AM</i>                  |
| <i>5:00 AM</i>                  | <i>6:00 AM</i>                  |
| <i>6:00 AM</i>                  | <i>7:00 AM</i>                  |
| <i>7:00 AM</i>                  | <i>8:00 AM</i>                  |
| <i>8:00 AM</i>                  | <i>9:00 AM</i>                  |
| <i>9:00 AM</i>                  | <i>10:00 AM</i>                 |
| <i>10:00 AM</i>                 | <i>11:00 AM</i>                 |
| <i>11:00 AM</i>                 | <i>12:00 PM (Noon)</i>          |
| <i>12:00 PM (Noon)</i>          | <i>1:00 PM</i>                  |
| <i>1:00 PM</i>                  | <i>2:00 PM</i>                  |
| <i>2:00 PM</i>                  | <i>3:00 PM</i>                  |
| <i>3:00 PM</i>                  | <i>4:00 PM</i>                  |
| <i>4:00 PM</i>                  | <i>5:00 PM</i>                  |
| <i>5:00 PM</i>                  | <i>6:00 PM</i>                  |
| <i>6:00 PM</i>                  | <i>7:00 PM</i>                  |
| <i>7:00 PM</i>                  | <i>8:00 PM</i>                  |
| <i>8:00 PM</i>                  | <i>9:00 PM</i>                  |
| <i>9:00 PM</i>                  | <i>10:00 PM</i>                 |
| <i>10:00 PM</i>                 | <i>11:00 PM</i>                 |
| <i>11:00 PM</i>                 | <i>12:00 AM (Midnight)</i>      |

Remember, during daylight saving time (usually from the second Sunday in March to the first Sunday in November), Eastern Time is UTC-4, and during standard time, it is UTC-5. Adjustments may be needed during this period.