

Weekly Time Schedule

1. Write in all your committed fixed time (classes, meals, sleep, getting ready, work, exercise, etc.)
2. Schedule appropriate, specific times to study/review for specific courses.
3. Schedule your flexible recreation/leisure time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8am							
8-9am							
9-10am							
10-11am							
11am-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							
10-11pm							
11pm-12am							
12-1am							
1-2am							
2-3am							
3-4am							
4-5am							
5-6am							
6-7am							