|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 6-6:30 |  |  |  |  |  |  |  |
| 6:30-7 |  |  |  |  |  |  |  |
| 7-7:30 |  |  |  |  |  |  |  |
| 7:30-8 |  |  |  |  |  |  |  |
| 8-8:30 |  |  |  |  |  |  |  |
| 8:30-9 |  |  |  |  |  |  |  |
| 9-9:30 |  |  |  |  |  |  |  |
| 9:30-10 |  |  |  |  |  |  |  |
| 10-10:30 |  |  |  |  |  |  |  |
| 10:30-11 |  |  |  |  |  |  |  |
| 11-11:30 |  |  |  |  |  |  |  |
| 11:30-12 |  |  |  |  |  |  |  |
| 12-12:30 |  |  |  |  |  |  |  |
| 12:30-1 |  |  |  |  |  |  |  |
| 1-1:30 |  |  |  |  |  |  |  |
| 1:30-2 |  |  |  |  |  |  |  |
| 2-2:30 |  |  |  |  |  |  |  |
| 2:30-3 |  |  |  |  |  |  |  |
| 3-3:30 |  |  |  |  |  |  |  |
| 3:30-4 |  |  |  |  |  |  |  |
| 4-4:30 |  |  |  |  |  |  |  |
| 4:30-5 |  |  |  |  |  |  |  |
| 5-5:30 |  |  |  |  |  |  |  |
| 5:30-6 |  |  |  |  |  |  |  |
| 6-6:30 |  |  |  |  |  |  |  |
| 6:30-7 |  |  |  |  |  |  |  |
| 7-7:30 |  |  |  |  |  |  |  |
| 7:30-8 |  |  |  |  |  |  |  |
| 8-8:30 |  |  |  |  |  |  |  |
| 8:30-9 |  |  |  |  |  |  |  |
| 9-9:30 |  |  |  |  |  |  |  |
| 9:30-10 |  |  |  |  |  |  |  |
| 10-10:30 |  |  |  |  |  |  |  |
| 10:30-11 |  |  |  |  |  |  |  |
| 11-11:30 |  |  |  |  |  |  |  |
| 11:30-12 |  |  |  |  |  |  |  |

**Weekly Schedule**

Start by filling in when you have class, work, and other high priority items that have a strict schedule. Then, move to items that are important, but can be scheduled more flexibly such as study time, exercising, or spending time with family and friends. Finally, you can add items that aren’t as important or urgent as the other items or you can leave the remaining time slots blank. (Remember to give yourself enough time to get 7-9 hours of sleep!)