

My Weekly Schedule

Semester: _____

of courses ___ X 3 = ___ hours of Study Time per week

My study location: _____

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

Remember to include:

- ✓ Class time
- ✓ Study time
- ✓ Part-time job
- ✓ Extra-curricular etc.
- ✓ Chill/fun time and 1 study-free day
- ✓ Consistent sleep time