

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							

Things to include:

- Class
- Homework/Study
- Eat

- Sleep
- Work
- Volunteer

- Care for pets
- Exercise/Self-Care
- Co-curricular Activity

- Family Time (i.e. child care, time with spouse, kids' homework)
- "Home" Work (i.e. balance finances, clean house)
- Commute (i.e. walk, bus, drive)