**Planned Weekly Schedule**

Use this sheet for your "Planned Weekly Schedule" *(to be completed after the Time-use Chart has been completed and summarized)*. First, fill in your commitments (classes, work, mealtime, etc.). Then think about how you want to use your time for studying, reading, and recreating. Try this for a week or two and readjust as needed. For some tips on time management see some [Basic Time Management Principles](http://www.d.umn.edu/kmc/student/loon/acad/strat/time_man_princ.html)

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| **Hours** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **6:00 am** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **6:30** | Get ready for school | Get ready for school | Get ready for school | boyfriend | Get ready for school | Get ready for school | Get ready for school |
| **7:00** | school | school | school | boyfriend | school | school | school |
| **7:30** | school | school | school | boyfriend | school | school | school |
| **8:00** | school | school | school | boyfriend | school | school | school |
| **8:30** | School | School | School | boyfriend | School | School | School |
| **9:00** | school | school | school | boyfriend | school | school | school |
| **9:30** | school | school | school | boyfriend | school | school | school |
| **10:00** | school | school | school | boyfriend | school | school | school |
| **10:30** | school | school | school | boyfriend | school | school | school |
| **11:00** | school | school | school | boyfriend | school | school | school |
| **11:30** | school | school | school | boyfriend | school | school | school |
| **NOON** | eat | eat | eat | eat | eat | eat | eat |
| **12:30** | eat | eat | eat | eat | eat | eat | eat |
| **1:00** | relax | relax | relax | relax | relax | relax | relax |
| **1:30** | relax | relax | relax | relax | relax | relax | relax |
| **2:00** | work | work | relax | boyfriend | work | relax | work |
| **2:30** | work | work | relax | boyfriend | work | relax | work |
| **3:00** | work | work | work | boyfriend | work | work | work |
| **3:30** | work | work | work | boyfriend | work | work | work |
| **4:00** | work | work | work | boyfriend | work | work | work |
| **4:30** | work | work | work | boyfriend | work | work | work |
| **5:00** | work | work | work | boyfriend | work | work | work |
| **5:30** | work | work | work | boyfriend | work | work | work |

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| **Hours** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **6:00 pm** | work | work | work | boyfriend | work | work | work |
| **6:30** | work | work | work | boyfriend | work | work | work |
| **7:00** | work | work | work | boyfriend | work | work | work |
| **7:30** | work | work | work | boyfriend | work | work | work |
| **8:00** | work | work | work | boyfriend | work | work | work |
| **8:30** | work | work | work | boyfriend | work | work | work |
| **9:00** | work | work | work | boyfriend | work | work | work |
| **9:30** | work | work | work | boyfriend | work | work | work |
| **10:00** | work | work | work | boyfriend | work | work | work |
| **10:30** | work | work | work | sleep | work | work | work |
| **11:00** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **11:30** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **Midnight** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **12:30** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **1:00** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **1:30** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **2:00** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **2:30** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **3:00** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **3:30** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **4:00** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **4:30** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **5:00** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |
| **5:30** | sleep | sleep | sleep | sleep | sleep | sleep | sleep |

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