

TIME PLAN

Color code categories and write number of hours in box.

=Study
 =Sleep
 =Other (eating, exercise, social, etc.)
 =Class
 =Job

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 – 7:30 a.m.							
7:30 – 8 a.m.							
8 – 8:30 a.m.							
8:30 – 9 a.m.							
9 – 9:30 a.m.							
9:30 – 10 a.m.							
10 – 10:30 a.m.							
10:30 – 11 a.m.							
11 – 11:30 a.m.							
11:30 – 12 noon							
12 – 12:30 p.m.							
12:30 – 1 p.m.							
1 – 1:30 p.m.							
1:30 – 2 p.m.							
2 – 2:30 p.m.							
2:30 – 3 pm							
3 – 3:30 p.m.							
3:30 – 4 p.m.							
4 – 4:30 p.m.							
4:30 – 5 p.m.							
5 – 5:30 p.m.							
5:30 – 6 p.m.							
6 – 6:30 p.m.							
6:30 – 7 p.m.							
7 – 7:30 p.m.							
7:30 – 8 p.m.							
8 – 8:30 p.m.							
8:30 – 9 p.m.							
9 – 9:30 p.m.							
9:30 – 10 p.m.							
10 – 10:30 p.m.							
10:30 – 11 p.m.							
11 – 11:30 p.m.							
11:30 – 12 mid.							
12 – 12:30							
12:30 – 1 a.m.							

EXAMPLE TIME PLAN

Color code categories and write number of hours in box.

10 =Study
 =Sleep
 =Other (eating, exercise, social, etc.)
 =Class
 =Job

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 – 7:30 a.m.	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>	<i>Sleep</i>
7:30 – 8 a.m.	↓		↓	↓	↓	↓	↓
8 – 8:30 a.m.							
8:30 – 9 a.m.							
9 – 9:30 a.m.	<i>MA 113</i>		<i>MA 113</i>		<i>MA 113</i>		
9:30 – 10 a.m.	↓	↓	↓	↓	↓	↓	↓
10 – 10:30 a.m.	<i>Nap</i>		<i>Nap</i>		<i>Nap</i>		
10:30 – 11 a.m.	↓		↓		↓		↓
11 – 11:30 a.m.	<i>Lunch</i>	<i>CHE 105</i>	<i>Lunch</i>	<i>CHE 105</i>	<i>Lunch</i>		
11:30 – 12	↓	↓	↓	↓	↓	↓	↓
12 – 12:30 p.m.	<i>GEO 160</i>		<i>GEO 160</i>		<i>GEO 160</i>		<i>Lunch</i>
12:30 – 1 p.m.	↓	<i>Lunch</i>	↓	<i>Lunch</i>	↓	<i>Lunch</i>	
1 – 1:30 p.m.	<i>UK 101</i>	↓	<i>UK 101</i>	↓	<i>CHE LAB</i>	↓	
1:30 – 2 p.m.	↓	↓	↓	↓	↓	<i>Social</i>	
2 – 2:30 p.m.		<i>Nap</i>		<i>Nap</i>			
2:30 – 3 pm		↓		↓	↓		
3 – 3:30 p.m.		↓		↓			
3:30 – 4 p.m.		<i>PS 101</i>		<i>PS 101</i>			
4 – 4:30 p.m.		↓		↓			
4:30 – 5 p.m.							
5 – 5:30 p.m.							
5:30 – 6 p.m.	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>			
6 – 6:30 p.m.	↓	↓	↓	↓			
6:30 – 7 p.m.		<i>Social</i>		<i>Social</i>			<i>Dinner</i>
7 – 7:30 p.m.	<i>Study</i>	↓		↓			↓
7:30 – 8 p.m.	↓						<i>Study</i>
8 – 8:30 p.m.			<i>Organization Meeting</i>		<i>Dinner</i>	<i>Dinner</i>	
8:30 – 9 p.m.					↓	↓	
9 – 9:30 p.m.						<i>Social</i>	
9:30 – 10 p.m.							
10 – 10:30 p.m.							
10:30 – 11 p.m.	↓	↓		↓			↓
11 – 11:30 p.m.		<i>Study</i>					
11:30 – 12 mid.		↓					↓
12 – 12:30							
12:30 – 1 a.m.						↓	