

EXAMPLE

Weekly Study Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM	Sleep						
7AM	Sleep						
8AM	Wake Up, Eat, Get Dressed & GO!						
9AM	On Campus						
10AM	Class 1	Study Class 1 (45 Min) Mental Break (5 Min)	Class 1	Study Class 1 (45 Min) Mental Break (5 Min)	Class 1		
11AM	Lunch	Class 3	Lunch	Class 3	Lunch		
12PM	Class 2	Lunch Study Class 2 (45 Min)	Class 2	Lunch Study Class 2 (45 Min)	Class 2		
1PM	Study Class 1 (45 Min) Mental Break (5 Min)	Class 4	Study Class 1 (45 Min) Mental Break (5 Min)	Class 4	Study Class 1 (45 Min) Mental Break (5 Min)		
2PM	Study Class 2 (45 Min)	Class 4	Study Class 2 (45 Min)	Class 4	Study Class 2 (45 Min)		
	Movement Break (10-15 Min)						
3PM	Study Class 3 (45 Min)						
	Mental Break (5 Min)						
4PM	Study Class 4 (45 Min)						
5PM	Wind Down						
5:30PM	Wind Down						
6PM	Wind Down						
6:30PM	Wind Down						
7PM	Wind Down						
7:30PM	Wind Down						
8PM	Wind Down						
8:30PM	Wind Down						
9PM	Wind Down						
9:30PM	Wind Down						
10PM	Wind Down						
11PM	Wind Down						
12AM	Sleep						
1AM	Sleep						
2AM	Sleep						
3AM	Sleep						
4AM	Sleep						
5AM	Sleep						Sleep

My "Office Hours"