

EXAMPLE

Weekly Study Planner

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My "Office Hours"	6AM	Sleep						
	7AM							
	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)	Mental Break (5 Min) Class 4	Study Class 1 (45 Min) Mental Break (5 Min)	Mental Break (5 Min) Class 4	Study Class 1 (45 Min) Mental Break (5 Min)		
	2PM	Study Class 2 (45 Min)	Study Class 2 (45 Min)	Study Class 2 (45 Min)	Study Class 2 (45 Min)	Study Class 2 (45 Min)		
	3PM	Movement Break (10-15 Min)						
	4PM	Study Class 3 (45 Min)	Study Class 3 (45 Min)	Study Class 3 (45 Min)	Study Class 3 (45 Min)	Study Class 3 (45 Min)		
	5PM	Mental Break (5 Min)						
	5:30PM	Study Class 4 (45 Min)	Study Class 4 (45 Min)	Study Class 4 (45 Min)	Study Class 4 (45 Min)	Study Class 4 (45 Min)		
	6PM							
	6:30PM							
	7PM							
	7:30PM							
	8PM							
	8:30PM							
	9PM							
	9:30PM							
	10PM	Wind Down						
	11PM							
	12AM	Sleep						
	1AM							
	2AM							
	3AM							
	4AM							
	5AM							
							Sleep	