



WEEKLY SCHEDULE PLANNER

Adapted from:
 University of Minnesota at Duluth:
www.d.umn.edu/kmc/student/loon/acad/strat.html
 2003--2006 TRIO Dissemination Partnership -- Southeastern Louisiana University

Directions:

1. Use this after you have completed the Time Use Chart, the Summary of Activities, and the Evaluation of Time Use Summary.
2. Fill in your commitments (classes, work, mealtimes, etc.).
3. Think about how you want to use your time for studying, reading, relaxing, etc.
4. Try this for a week or two and read just as needed. For some tips on time management see the online Time Management Workshop.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
NOON							
12:30 PM							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:40 PM							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
Midnight							
12:30 AM							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30 AM							