

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							

Things to include:

Class
 Delivery Method of class
 Homework/Study Eat

Sleep
 Work
 Volunteer

Care for pets
 Exercise/Self-Care
 Activity

Family Time (i.e. child care, kids' homework)
 Home work (i.e. balance finances, clean house)
 Commute (i.e. walk, bus, drive)