

SAMPLE WEEKLY SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am	Sleep in	Wake up, get ready and have breakfast, catch the bus					Sleep in
8 am	Personal time	Class	Class	Lab	Class	Class	Clean house
9 am		Class	Study	Lab	Study	Class	Do laundry
10 am		Study	Study	Class	Study	Study	
11 am	Time with family / friends	Class	Class	Class	Class	Class	
12 pm	Lunch	Lunch	Class	Lunch	Class	Lunch	Lunch
1 pm		Class	Lunch	Class	Lunch	Class	Shopping
2 pm		Class	Class	Class	Study	Class	
3 pm	Study	Study	Errands	Study	Study	Study	Time with friends / family
4 pm		Go home, unwind, prepare supper, eat and clean up after supper					
5 pm	Supper						Supper
6 pm		Time with friends / family			Grocery shopping	Time with friends / family	Relax or study
7 pm	Study						
8 pm							
9 pm	Recreational activity	Study			Recreational activity		