

Example Weekly Planner

Build a routine to make time for your commitments.

- 🐾 Block out fixed commitments. Record classes, weekly social/organizational meetings, work, etc.
- 🐾 Identify open blocks of time. Schedule several Focused Study Sessions throughout the week. These are 30–50 minute blocks for concentrated study.
- 🐾 Schedule breaks. Give your brain a break by doing something you enjoy.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00						
7:30						
8:00						
8:30						
9:00	Eng	Study	Eng	Study	Eng	Work
9:30						
10:00	Bio		Bio		Bio	
10:30		Psych		Psych		
11:00						
11:30						
12:00	Math Lab				Math Lab	SUNDAY
12:30						
1:00	Study	Study	Study	Math Lab	Study	
1:30			Math			
2:00						
2:30	Bio Lab	Work		Work	Work	Study
3:00			Study			
3:30						
4:00						
4:30						
5:00						
5:30			Study			
6:00						TO DO LIST
6:30						
7:00						
7:30	Org					
8:00						
8:30						
9:00						