

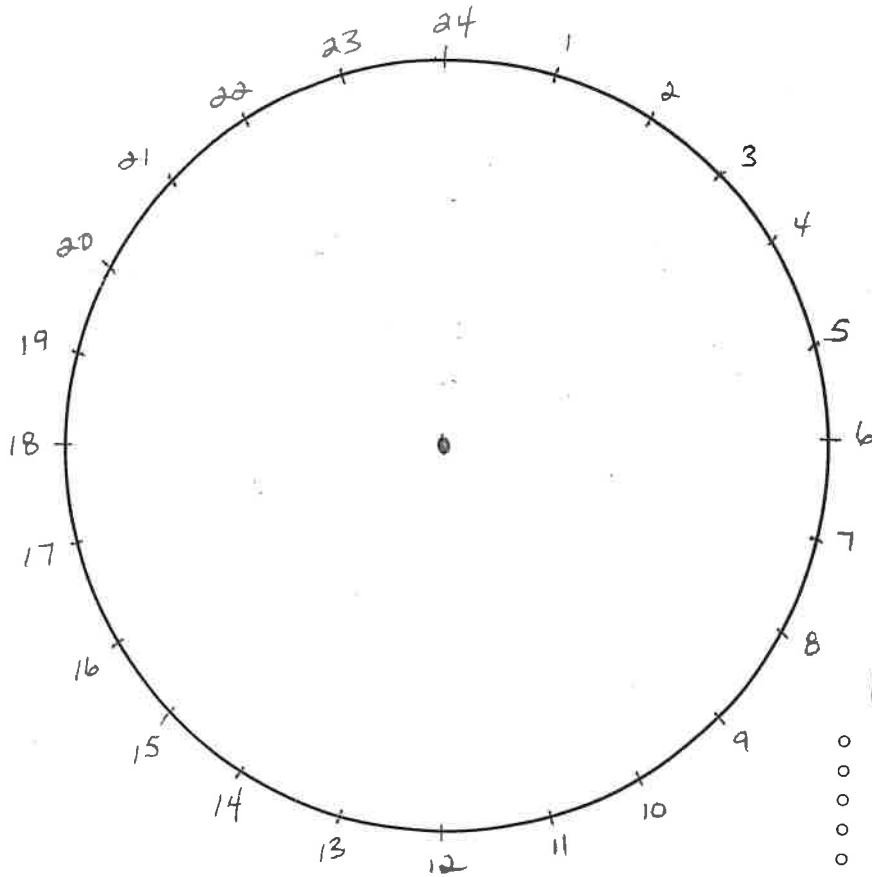
Name: _____

Daily Schedule

Indicate your daily activities in the table below (ie: sleep, classes, sports, meals etc.).

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00							
7:00							
8:00		classes	classes	classes	classes	classes	
9:00		classes	classes	classes	classes	classes	
10:00		classes	classes	classes	classes	classes	
11:00		classes	classes	classes	classes	classes	
12:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
1:00		classes	classes	classes	classes	classes	
2:00		classes	classes	classes	classes	classes	
3:00		classes	classes	classes	classes	classes	
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1-5 AM							

Time Management on a School Day



COLOUR KEY/LEGEND

- sleep
- classes
- eating/mealtimes
- washing/hygiene
- travel time
- chores
- homework/studying
- part-time job/volunteering
- sports/exercise
- prayer/meditation/church
- family time/social time
- media (tv, gaming, internet...)
- hobbies/reading/music

Time Management on a Holiday

