

Weekly Schedule for (name): _____

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.							
7:00 a.m.							
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
11:00 a.m.							
12:00 noon							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							
9:00 p.m.							
10:00 p.m.							
11:00 p.m.							
12 midnight							
1:00 a.m.							

Directions for Weekly Schedule

1. Fill in the blocks of time that you know will not change. Write the name of the activity or class. Feel free to color code the schedule. Be sure to include the following items:
 - a. Each time a class meets during the week.
 - b. Your work hours.
 - c. Weekly events (meetings, clubs, sports, regular appointments).
 - d. Travel time (to and from SCC and to and from work).
 - e. Sleep time.
2. Mark out times for personal activities such as meals, getting dressed, recreation and family responsibilities.
3. Now you have to find study time for all your classes. Be realistic. Can you really study math at 10:00 p.m.? Is it quiet enough at your house to study at 5:00 p.m.? Are you really going to get up at 7:00 a.m. and do math? Mark out study times on the schedule.
4. Bring this back (filled out) to the next class.