

EXAMPLE Weekly Study Planner (early riser)

Write in your lectures and other commitments. Then commit your study times.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Before 6 am	Study time	Study time	Study time	Study time	Study time	Take morning off	Study time	
6.00 am								
7.00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast			Breakfast
8.00 am	Go for a walk/jog/gym	Prepare for tutorial	Go for a walk/jog/gym	Prepare for lecture	Go for a walk/jog/gym			Go for a walk/jog/gym
9.00 am								
10.00 am	Lecture	Tutorial	Lecture	Lecture	Lecture			Study time
11.00 am	Tutorial	Relax	Tutorial	Relax	Tutorial			
12.00 noon	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1.00 pm	Lecture	Go shopping	Prepare for lecture	Work	Prepare for lecture	Work	Study time	
2.00 pm	Lecture		Lecture		Lecture			
3.00 pm	Relax	Study time	Relax		Relax			Relax
4.00 pm	Lecture		Swimming		Study time			Play tennis
5.00 pm	Lecture							
6.00 pm	Dinner	Dinner	Dinner				Dinner	Dinner
7.00 pm								
8.00 pm								
9.00 pm								
AFTER 9.00 pm								