## **EXAMPLE - Weekly Study Planner (night owl)**

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 am							
8.00 am							
9.00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Take morning	Breakfast
10.00 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	off	Go for a walk/jog/gym
11.00 am							
12.00 noon	Lecture	Tutorial	Lecture	Lecture	Lecture		Study time
1.00 pm	Tutorial	Relax	Tutorial	Relax	Tutorial		Study time
2.00 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
3.00 pm	Lecture	Go shopping	Prepare for lecture	Work	Prepare for lecture	Work	Study time
4.00 pm	Lecture		Lecture		Lecture		
5.00 pm	Relax	Study time	Relax		Relax		Relax
6.00 pm	Lecture		Swimming		Study time		Play tennis
7.00 pm	Lecture						
8.00 pm	Dinner	Dinner	Dinner		Dinner		Dinner
9.00 pm	Study time	Study time	Study time		Study time		Study time
10.00 pm					Study time		Study time
AFTER 11 PM							