

## WEEKLY SCHEDULE PLANNING

- Block out your commitments: class, work, extracurricular activities, religious commitments, family responsibilities, etc...
- What time do you have left for studying? Taking care of yourself physically? Taking care of yourself mentally?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before 8 am							
8:00 am							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00 pm							
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10 pm on...							