



Planned Weekly Schedule

Use this sheet for your "Planned Weekly Schedule" (to be completed after the Time-use Chart has been completed and summarized). First fill in your commitments (classes, work, mealtime, etc.). Then think about how you want to use your time for studying, reading, and recreating. Try this for a week or two and readjust as needed. For some tips on time management see some [Basic Time Management Principles](#)

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
NOON							
12:30							
1:00							
1:30							

2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 pm							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
Midnight							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							

3:30							
4:00							
4:30							
5:00							
5:30							

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