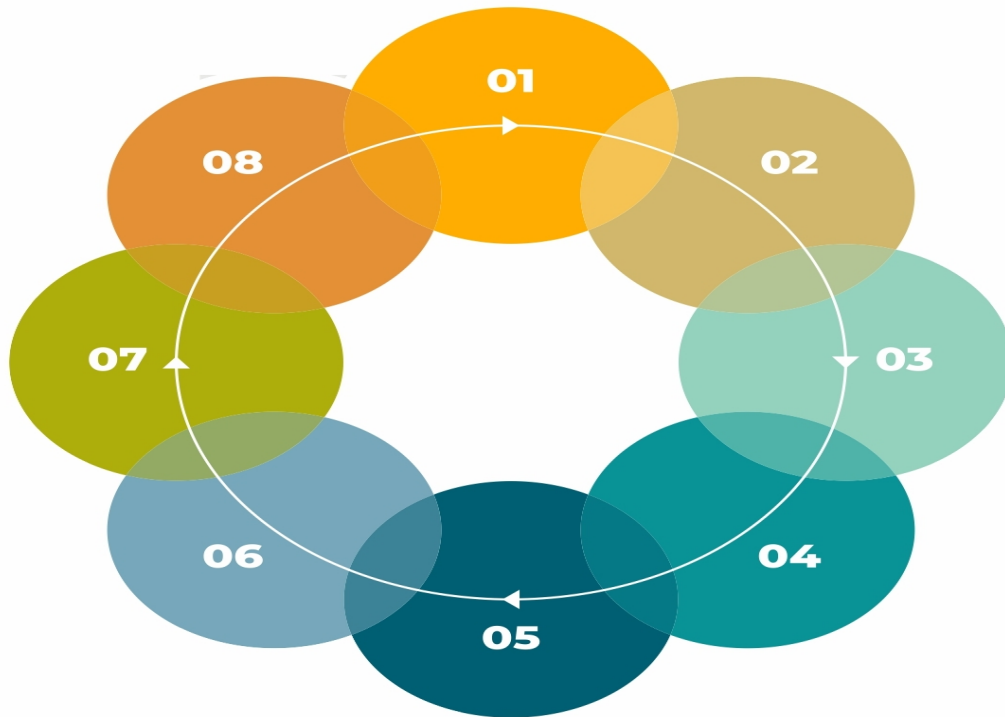


# Time Management for Student Athlete



- 1 Prioritize Practice
- 2 Use Planner
- 3 Complete assignment in chronological order
- 4 Begin study in advance
- 5 Avoid Procrastination
- 6 Don't take too many responsibility
- 7 Maintain a consisten sleep
- 8 Keep distraction at bay