

**SCHEDULE PLANNING/TIME MANAGEMENT WORKSHEET**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7-8 a.m.						
8-9 a.m.						
9-10 a.m.						
10-11 a.m.						
11-noon						
noon						
1-2 p.m.						
2-3 p.m.						
3-4 p.m.						
4-5 p.m.						
5-6 p.m.						
Evening						