

Weekly Time Management

Instructions: In this worksheet indicate all the times for the week that you have class, employment, extra curricular activities, sleeping habits, and any other commitments. Observe the amount of time that is not committed. Allocate that extra time to study as well as other commitments. Post this schedule in your room and observe it.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m.							
7 a.m.							
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
Noon							
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							
8 p.m.							
9 p.m.							
10 p.m.							
11 p.m.							
12 p.m.							
1 a.m.							
2 a.m.							
3 a.m.							
4 a.m.							
5 a.m.							