

# Weekly Plan

Name: ..... Date: .....

How would you describe your week? Where are your 168 hours going? How would you rate your level of motivation? Can you think of activities to raise your motivation during the week and give them a time allocation?

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am – 7am							
7am – 8am							
8am – 9am							
9am – 10am							
10am – 11am							
11am–12 noon							
12noon – 1pm							
1pm – 2pm							
2pm – 3pm							
3pm – 4pm							
4pm – 5pm							
5pm – 6pm							