

## Weekly schedule Template

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00							
7.30	Wake up, make your bed	Wake up, make your bed	Wake up, make your bed	Wake up, make your bed	Wake up, make your bed		
8.00	Personal hygiene	Personal hygiene	Personal hygiene		Personal hygiene		
8.30	Eat breakfast	Eat breakfast	Eat breakfast	Lecture /	Eat breakfast		
9.00	Read for your courses		Go for a walk	Practical tutorial	Exercise		
9.30		Read for your courses				Wake up, make your bed	Wake up, make your bed
10.00					Review content /	Personal hygiene	Personal hygiene
10.30	Lecture /	Shopping and a	Lecture /		Read for your courses /	Eat breakfast	Eat breakfast
11.00	Practical tutorial	quick lunch	Practical tutorial	Read for your courses /	Complete exercises		Go for a run / walk
11.30				Complete exercises			with a friend
12.00							
12.30	Lunch break		Lunch break	Lunch break	Lunch break	Study	Eat lunch
13.00				Shopping		/	with a friend
13.30	Review content /	Lecture /				Go to work	
14.00	Complete exercises	Practical tutorial	Online meeting with				
14.30			your homework group	Lecture /	Lecture /		
15.00				Practical tutorial	Practical tutorial		Video call
15.30							with family
16.00			Complete exercises			Shopping	
16.30				Light dinner	Light dinner		Read a book
17.00		Complete exercises	Household chores				
17.30	Go to work					Household chores	
18.00		Dinner	Dinner				A relaxing evening
18.30				Go to work	Go to work		cooking dinner
19.00						Video meeting	
19.30		Exercise	Talk/write with			to cook and eat	Watch a movie
20.00			friends/family			together with	
20.30	Late dinner					friends	
21.00							
21.30	*	*	*	*	*	*	*
22.00							

**Your weekly schedule**

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## Uni / Part-time job

- Online - attend lecture
- Online - attend tutorial
- Go to work

## Studying

No more than 6 hours/day recommended

- Read for your courses
- Complete exercises
- Review course material
- Plan your schedule for the next day \*

## Everyday chores

- Food / Coffee • Personal hygiene
- Household chores (do not use as an excuse to distract yourself)
- Shopping
- Doctor's and other appointments

## Breaks / Free time

- Exercise / relaxation  
(3 times/week recommended)
- Talk / write with family and friends
- Social media  
(No more than 30 min/day recommended)

## Notes