

get started
Online

Weekly timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-8am							
8am-9am							
9am-10am							
10am-11am							
11am-12pm							
12pm-1pm							
1pm-2pm							
2pm-3pm							
3pm-4pm							
4pm-5pm							
5pm-6pm							
6pm-7pm							
7pm-8pm							
8pm-9pm							
9pm-10pm							

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Sample weekly planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-8am	Shower / Bfast						
8am-9am		Cleaning			Walk		Study
9am-10am	Class.	↓	Class	Work	Study	Gym	↓
10am-11am	↓	Friends	↓	↓	↓	Family	Family
11am-12pm	↓	↓	↓		↓		Social
12pm-1pm	Lunch	Lunch	Lunch		Lunch.		↓
1pm-2pm	Class.	Class	Class		Library		↓
2pm-3pm	↓	↓	↓	↓	↓	↓	↓
3pm-4pm							
4pm-5pm	↓	↓	↓	↓		↓	Plan Week
5pm-6pm	↓	↓	Gym	↓	Gym		Dinner
6pm-7pm	Dinner	Dinner	Dinner	Dinner	Social	Dinner	
7pm-8pm	Study!	Study	Study	TV			
8pm-9pm	↓	Free time	↓				
9pm-10pm							