

How to use this table

Fill in all aspects of your day, starting from when you get up to how long it takes to eat breakfast and get ready in the morning to how long it takes you to get ready to go to bed and how long you typically sleep each night. Include all activities in between such as your commute time, grocery shopping, workouts, etc. Include all classes and work.

The empty areas are the time you have to study and relax. Fill in the times you are most likely to study. Be realistic! Use this table to help manage your time effectively to be successful in your courses.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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