

Time Log

Start by noting your commitments that have specific times. For example, block out when you are in class, have work, club meetings, etc. Then, block out activities you would like to do, including self-care activities. Examples include working out and going to the movies.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM							
7:30 AM							
8:00 AM							
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9:00 AM							
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10:00 AM							
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11:00 PM							

Once you have all of the above blocked off, you can see how much time you have left for school work. This includes anything for classes, including preparing for class, completing homework, studying, etc.

Study Hours Available: