**MY WEEKLY SCHEDULE (Spring 2021)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 5:30 |  |  |  |  |  |  |  |
| 6:30 |  |  |  |  |  |  |  |
| 7: 30-8:40 |  | Period 1 | Period 2 | ASYNCH  | Period 1 | Period 2 |  |
| 8: 45-9:55 |  | Period 3 | Academic Asst. | SCHOOL | Period 3 | Academic Asst. |  |
| 10:00-11:10 |  | Period 5 | Period 4 | TIME | Period 5 | Period 4 |  |
| 11:15-12:25 |  | Period 7 | Period 6 |  | Period 7 | Period 6 |  |
| 12:25-1:00 |  | *Lunch* | *Lunch*  |  | *Lunch* | *Lunch*  |  |
| 1:00 |  | ASYNCH  | ASYNCH  |  | ASYNCH  | ASYNCH  |  |
| 2:00 |  | SCHOOL TIME | SCHOOL TIME |  | SCHOOL TIME | SCHOOL TIME |  |
| 3:00 |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |
| 5:00 |  |  |  |  |  |  |  |
| 6:00 |  |  |  |  |  |  |  |
| 7:00 |  |  |  |  |  |  |  |
| 8:00 |  |  |  |  |  |  |  |
| 9:00 |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |

Fill in your schedule with:

* **School class times** (include transportation) and **other fixed weekly events** (clubs, church, work, etc).
* **Studying schedule** - plan on approx. 3 hours per day, make it a regular & predictable schedule
	+ schedule times when you are awake/alert
	+ schedule times that fit around the rest of your life (not during family dinnertime or favorite TV show)
* **Personal time/obligations/goals** – dinnertime, exercise, chores, social time, etc.