

Master Weekly Schedule

1. Include weekly activities you expect to remain the same for the semester, e.g. classes, sleeping, exercise/sports, work, family commitments, personal care/grooming, meal preparation/eating, transportation, relaxing, socializing, etc.
2. Now include study time using two-to-one ratio: two hours of study time for every hour in class. For example, six hours in class require twelve hours of study time per week.

Hours	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 – 7 AM							
7 – 8							
8 – 9							
9 – 10							
10 – 11							
11 – 12							
12 – 1 PM							
1 – 2							
2 – 3							
3 – 4							
4 – 5							
5 – 6							
6 – 7							
7 – 8							
8 – 9							
9 – 10							
10 – 11							
11 – 12							
12 – 1 AM							
1 – 2							
2 – 3							
3 – 4							
4 – 5							
5 – 6							