

Time Management Exercise

DRAFT Weekly Schedule		Study Time Formula				Legend	
Semester: _____		2-3 hours/week/unit 12units x 2hours =24 study hrs/week 12units x 3hours =36 study hrs/week				Sleep - ZZ Work - W Study - S In Class - C Leisure - L Other - O	
	S	M	T	W	TH	F	S
6-7am							
7-8am							
8-9am							
9-10am							
11-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							
10-11pm							
11-12am							