**Weekly Time Management**

(Note: Be sure to schedule in enough time for sleep; the average college student should sleep 8 hours a night).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Hours | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5-6 am |  |  |  |  |  |  |  |
| 6-7 am |  |  |  |  |  |  |  |
| 7-8 am |  |  |  |  |  |  |  |
| 8-9 am |  |  |  |  |  |  |  |
| 9-10 am |  |  |  |  |  |  |  |
| 10-11 am |  |  |  |  |  |  |  |
| 11 am-12 pm |  |  |  |  |  |  |  |
| 12-1 pm |  |  |  |  |  |  |  |
| 1-2 pm |  |  |  |  |  |  |  |
| 2-3 pm |  |  |  |  |  |  |  |
| 3-4 pm |  |  |  |  |  |  |  |
| 4-5 pm |  |  |  |  |  |  |  |
| 5-6 pm |  |  |  |  |  |  |  |
| 6-7 pm |  |  |  |  |  |  |  |
| 7-8 pm |  |  |  |  |  |  |  |
| 8-9 pm |  |  |  |  |  |  |  |
| 9-10 pm |  |  |  |  |  |  |  |
| 10-11 pm |  |  |  |  |  |  |  |
| 11 pm -12 am |  |  |  |  |  |  |  |
| 12-1 am |  |  |  |  |  |  |  |
| 1-2 am |  |  |  |  |  |  |  |
| 2-3 am |  |  |  |  |  |  |  |
| 3-4 am |  |  |  |  |  |  |  |
| 4-5 am |  |  |  |  |  |  |  |