

# WEEKLY TIME-MANAGEMENT SCHEDULE

|          | SUN | MON | TUES | WED | THURS | FRI | SAT |
|----------|-----|-----|------|-----|-------|-----|-----|
| 6:00 AM  |     |     |      |     |       |     |     |
| 7:00 AM  |     |     |      |     |       |     |     |
| 8:00 AM  |     |     |      |     |       |     |     |
| 9:00 AM  |     |     |      |     |       |     |     |
| 10:00 AM |     |     |      |     |       |     |     |
| 11:00 AM |     |     |      |     |       |     |     |
| 12:00 PM |     |     |      |     |       |     |     |
| 1:00 PM  |     |     |      |     |       |     |     |
| 2:00 PM  |     |     |      |     |       |     |     |
| 3:00 PM  |     |     |      |     |       |     |     |
| 4:00 PM  |     |     |      |     |       |     |     |
| 5:00 PM  |     |     |      |     |       |     |     |
| 6:00 PM  |     |     |      |     |       |     |     |
| 7:00 PM  |     |     |      |     |       |     |     |
| 8:00 PM  |     |     |      |     |       |     |     |
| 9:00 PM  |     |     |      |     |       |     |     |
| 10:00 PM |     |     |      |     |       |     |     |
| 11:00 PM |     |     |      |     |       |     |     |
| 12:00 PM |     |     |      |     |       |     |     |
| 1:00 AM  |     |     |      |     |       |     |     |