

Name: _____ Teacher: _____ Block: _____

MY WEEKLY SCHEDULE

What are you doing at these times? Think about everything you do in the course of a week & block out the times on this paper.

For Example: Grooming Time (i.e. Time needed to get ready)? Time needed to get to school / home? Time in classes? Eating (snack / lunch / dinner)? Homework / Study Time? Extracurricular activities (Clubs / Sports)? Family Time? Fun Time (Hobbies / Arts / Crafts)? Time watching TV? Computer Game Time? Reading? Other???

Write in the information & use coloured pencil crayons (a different colour for each activity) to shade in your activities.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
7 - 7:30					
7:30 - 8					
8 - 8:35					
8:40 - 10					
10- 10:15					
10:15-11:35					
11:35-12:15					
12:20-1:40					
1:45-3:03					
3:03 – 3:30					
3:30 – 4					
4-4:30					
4:30-5					
5-5:30					
5:30-6					
6-6:30					
6:30-7					
7-7:30					
7:30-8					
8-8:30					
8:30-9					
9-9:30					
9:30-10					

It is important to get enough sleep! Hopefully you are in bed, asleep from 10 p.m. to 7 a.m.