

WEEKLY PLANNING, WEEK no.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-6							
6-7							
7-8							
8-9							
9-10							
10-11							
11-12							
12-13							
13-14							
14-15							
15-16							
16-17							
17-18							
18-19							
19-20							
20-21							
21-22							
22-23							
23-00							

- 1) Enter scheduled teaching
- 2) Enter when you should sleep
- 3) Enter scheduled leisure activities, training sessions, work, commuting time and so on
- 4) Fill in time for shopping, cooking and eating
- 5) Enter other study time Other
time is your unscheduled free time 6)

Remember to be realistic in your planning!

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