

Name: _____

Instructions: Write in all your fixed commitments-- activities that usually happen every week on the same day at the same time. Ex: class (write the name of the course), work, meals, meetings, practice, workouts, church, etc. Use COLOR to code your time, Ex: all classes are colored GREEN. **DO NOT WRITE IN STUDY TIME.** Next, determine your hours *available* for studying by counting the empty white spaces. Finally, determine your hours *needed* for studying by multiplying your hours spent in class by 2 or 3. Write this in the spaces at the bottom.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 PM							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 AM							
1:00							
2:00							
3:00							
4:00							
5:00							

Hours available for studying: _____
(empty spaces)

1

Hours needed for studying: _____
(time in class multiplied by 2 or 3)