

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

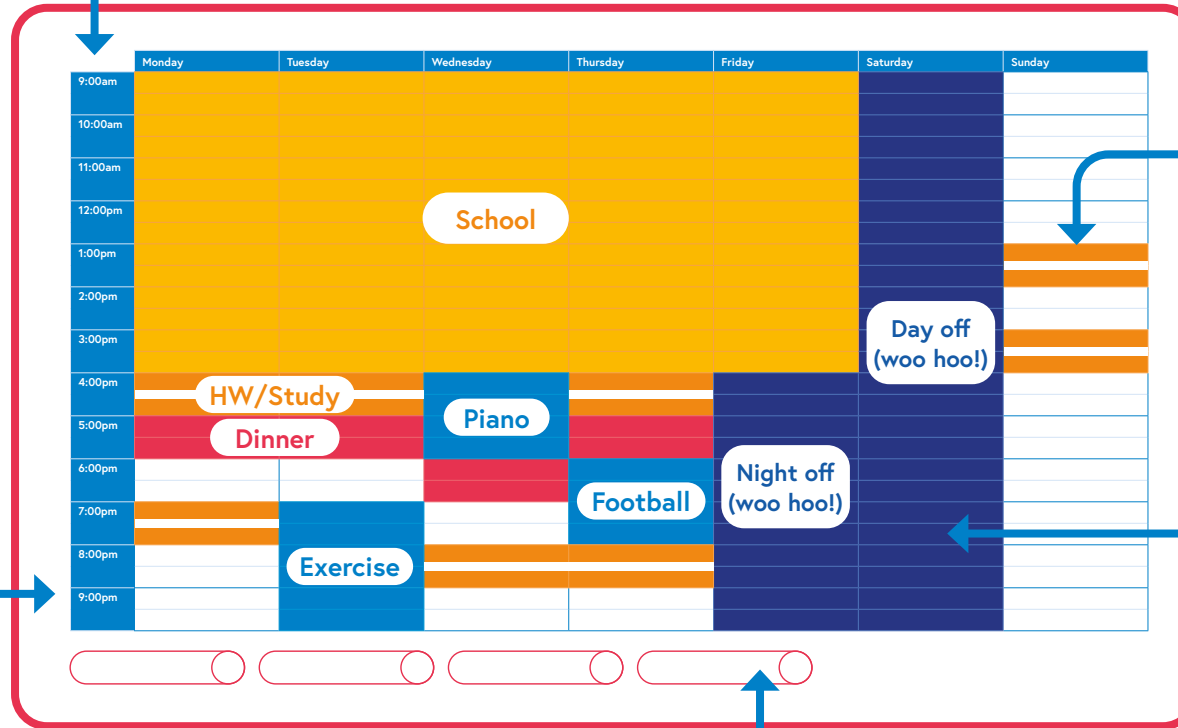
Four red-outlined rounded rectangular boxes, each containing a small white circle, positioned horizontally at the bottom of the page.

Top tip: Try not to study or do anything after 9pm, if possible. You should begin to wind down at this time and get ready for bed.

Starting Point:

Divide up the time for school, eating and your hobbies/interests that you are involved in, as typically these occur at the same time each week. You can alter this and make a new one when on study leave that does not include school.

You will see that one of the most frequent colours is white for free time. It is important to relax and socialise, and give yourself longer breaks the more you have been studying. Keep your timetable flexible and **balance** your time based on your priorities at the time and what is due.



Split up your study time with breaks. For example, you may wish to spend 25 minutes studying, take a break for 5 minutes and then spend another 25 minutes studying. Vary this time depending on your own concentration levels. Complete different tasks or study a different subject in between breaks to keep focused.

As well as breaks, think about when to give yourself some extended time off, perhaps an evening or a day over the weekend. How much time you spend studying will depend on: deadlines for assessments, key dates for exams and subjects you find difficult.

Use these boxes to create a colour code for the different activities you are involved in.

PURPOSE
When assessments or exams are not due, use this timetable to set out how you will divide up your time between homework, studying, socialising, exercising, relaxing and hobbies/interests. It is important that you divide your time and find a balance. When assessments or exams are close, increase the time for studying and write in the subjects/topics you will explore.

QUICK TIP
Put your schedule/ timetable in a communal area at home, e.g.: on the kitchen fridge so that others are able to support you as you try to follow it.

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9:00am							
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3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							

Four empty rounded rectangular boxes with a small circle inside, likely for student identification or initials.

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9:00am							
10:00am							
11:00am							
12:00pm			School				
1:00pm							
2:00pm							
3:00pm						Day off (woo hoo!)	
4:00pm	HW/Study		Piano				
5:00pm	Dinner						
6:00pm							
7:00pm				Football	Night off (woo hoo!)		
8:00pm		Exercise					
9:00pm							

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