Time Management Weekly Schedule

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