

My Personal Schedule

Example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Misc	Exercise	Uni Work	Misc	University Class	Creative	Exercise
Late Morning	Uni work	Creative	Misc	Uni Work	Exercise	Misc	Misc
Lunch							
Early Afternoon	Creative	University Class	Exercise	Exercise	Misc	Exercise	Creative
Late Afternoon	University Class	Volunteer	Uni Work	Uni Work	Uni Work	Volunteer	Misc
Dinner							
Evening	Exercise	Uni Work	Creative	Misc	Misc	Misc	Misc

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Catch up on tv	HIIT session	Draft essay	Read fiction	Online lecture	Cook a fry up	HIIT session
Late Morning	Study Skills Session	Read the Big Read book	Watch film	Read core textbook	Core workout	Practice Faith	Practice Faith
Lunch							
Early Afternoon	Bake SHU flapjack	Online seminar	Joe Wicks on YouTube	Yoga	Practice Faith	Pilates	Read book
Late Afternoon	Online lecture	Volunteer at ****	Referencing Session	Critique articles	Start essay	Volunteer at ****	Ring family/friends
Dinner							
Evening	Yoga	Access Reading List online	Mindful colouring	Watch tv	Practice Faith	Online quiz	Watch a film