

Weekly Study Timetable

- Plan your study schedule for the week. Remember that shorter bursts are usually more effective
- Remember to plan time for your interests/wellbeing activities (reading, running, cycling, football, watching television etc)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							

