



PERSONALISED 7-DAY TIME MANAGEMENT PLAN

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30-7.30							
7.30-8.30							
8.30-9.30							
9.30-10.30							
10.30-11.30							
11.30-12.30							
12.30-1.30							
1.30-2.30							
2.30-3.30							
3.30-4.30							
4.30-5.30							
5.30-6.30							
6.30-7.30							
7.30-8.30							
8.30-9.30							