

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

Study Timetable For: _____

- Study in 20-minute bursts, with 5-10-minute breaks in between.
- Allocate separate blocks for homework and study.
- Set realistic goals which leave plenty of time for recreation.

