

WHEN? Time is precious		Add in your option exams, usual lessons & co-curricular. Plan in times to rest, relax and exercise.					
		AM			PM		
		Before School	1	2	3	After School	Evening
Week 1	Monday						
	Tuesday						
	Wednesday						
	Thursday						
	Friday						
	Saturday						
	Sunday						
Week 2	Monday						
	Tuesday						
	Wednesday						
	Thursday						
	Friday						
	Saturday						
	Sunday						