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

Things to include:
Sleep (6-8 hours per night)
Eating (3-4 meals per day)
Exercise (3-5 days per week)
Classes
Homework (2 hours for every hour of class)
Work, Internships, Volunteer jobs
Meetings
Social time
Activities
Preparation time!
You time
Others: