

Please use this form to help you schedule your daily activities. Some examples of things to write in are: Getting ready for school, class time, clubs, sports, community service, academic team, sleeping (9.5 hours is recommended), eating, studying, down time, Facebook/texting, hanging out with family/friends, watching TV, listening to music, reading, etc. Ask yourself: What is one thing you could do every week to be more balanced?

TIME	EXAMPLE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM	<i>Sleep</i>							
6:00AM	<i>Getting Ready</i>							
7:15AM/zero	<i>Travel Time</i>							
8:10AM/A Block	<i>English</i>							
9:15AM/B Block	<i>Math</i>							
10:05AM/C Block	<i>History</i>							
10:55AM/D Block	<i>Science</i>							
11:45AM/E Block	<i>Lunch</i>							
12:35PM/F Block	<i>Foreign Language</i>							
1:25PM/G Block	<i>Theology</i>							
2:15PM/H Block	<i>PE/Fine Art</i>							
3:00PM	<i>Travel Time</i>							
4:00PM	<i>Extra-Curricular</i>							
5:00PM	<i>Extra-Curricular</i>							
6:00PM	<i>Extra-Curricular</i>							
7:00PM	<i>Dinner & Family Time</i>							
8:00PM	<i>Homework</i>							
9:00PM	<i>Homework</i>							
10:00PM	<i>Sleep</i>							
11:00PM	<i>Sleep</i>							
12:00AM	<i>Sleep</i>							
1:00AM	<i>Sleep</i>							
2:00AM	<i>Sleep</i>							
3:00AM	<i>Sleep</i>							
4:00AM	<i>Sleep</i>							
Total Homework	<i>2 hours</i>							
Total Extra-Curricular	<i>3 hours</i>							
Total Family Time	<i>1 hour</i>							
Total Sleep	<i>8 hours</i>							