

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	PRIORITIES FOR THIS WEEK
8								
9								
10								
11								
12								
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
TO DO LIST								

Use this to create a “default” weekly routine for a semester as well as one for specific weeks. Include the things you HAVE to do—classes, study/homework time (2-3 hours per class hour), work, practice/rehearsals, etc.—AND the things you need to do to make this happen: sleep, meals, relaxation, exercise, etc.