

WEEKLY ACTIVITY/STUDY SCHEDULE

| To Do | Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|------------------|--------|---------|-----------|----------|--------|----------|--------|
| <input type="checkbox"/> | 6:00-7:00 a.m. | | | | | | | |
| <input type="checkbox"/> | 7:00-8:00 a.m. | | | | | | | |
| <input type="checkbox"/> | 8:00-9:00 a.m. | | | | | | | |
| <input type="checkbox"/> | 9:00-10:00 a.m. | | | | | | | |
| <input type="checkbox"/> | 10:00-11:00 a.m. | | | | | | | |
| <input type="checkbox"/> | 11:00-12:00 p.m. | | | | | | | |
| <input type="checkbox"/> | 12:00-1:00 p.m. | | | | | | | |
| <input type="checkbox"/> | 1:00-2:00 p.m. | | | | | | | |
| <input type="checkbox"/> | 2:00-3:00 p.m. | | | | | | | |
| Priorities | 3:00-4:00 p.m. | | | | | | | |
| 1. | 4:00-5:00 p.m. | | | | | | | |
| 2. | 5:00-6:00 p.m. | | | | | | | |
| 3. | 6:00-7:00 p.m. | | | | | | | |
| 4. | 7:00-8:00 p.m. | | | | | | | |
| 5. | 8:00-9:00 p.m. | | | | | | | |
| | 9:00-10:00 p.m. | | | | | | | |
| | 10:00-11:00 p.m. | | | | | | | |
| | 11:00-12:00 a.m. | | | | | | | |

Of Units = _____ Total Study Hours = _____ Total Work Hours = _____ Social/Personal Hours = _____

Recommended Apps



Focus

- Time manager



Flora Focus

- Productivity app



Pomodoro – Focus Timer

- Improves productivity

