

WORKSHEET 7.8.11:  
TIME MANAGEMENT SCHEDULE

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
7-8 a.m.							
8-9							
9-10							
10-11							
11-12							
12-1 p.m.							
1-2							
2-3							
3-4							
4-5							

5-6							
6-7							
7-8							
8-9							
9-10							

*Reflection on Worksheet 7.8.11:*

What did you learn about how you can manage time to balance achievement and rest? What do you need to do to keep making changes in this area?

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