

Weekly Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am							
8:00							
9:00		Wake up!!	Wake up!!	Wake up!!	Wake up!!	Wake Up!!	
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
10:00		Virtual Lecture	Work-study from home	Virtual Lecture	Work-study from home	Work on long term assignments	
		10:00 - 11:20		10:00 - 11:20			
11:00		Virtual Lecture	Work-study from home	Virtual Lecture	Work-study from home	Work on long term assignments	
		10:00 - 11:20		10:00 - 11:20			
12:00 noon		Lunch	Lunch	Lunch	Lunch	Lunch	
		Exercise + stretch		Exercise + stretch			
1:00			Virtual Lecture		Virtual Lecture		
		Classwork	1:10 - 2:30	Classwork	1:10 - 2:30		
2:00		1:30 - 3:00	Virtual Lecture	1:30 - 3:00	Virtual Lecture		
			1:10 - 2:30		1:10 - 2:30		
3:00			Exercise + stretch		Exercise + stretch	Virtual Lecture	
						3:00 - 4:00	
4:00		Relax + Rest	Relax + Rest	Relax + Rest	Relax + Rest	Relax + Rest	
5:00		Dinner	Dinner	Dinner	Dinner	Dinner	
6:00		Work on long term assignments	Work on long term assignments	Work on long term assignments	Work on long term assignments		

7:00		Work on long term assignments	Work on long term assignments	Work on long term assignments	Work on long term assignments		
8:00		Work on long term assignments	Work on long term assignments	Work on long term assignments	Work on long term assignments		
9:00							
		Call friends, watch tv, finish up assignments for tomorrow	Call friends, watch tv, finish up assignments for tomorrow	Call friends, watch tv, finish up assignments for tomorrow	Call friends, watch tv, finish up assignments for tomorrow	Call friends, watch tv, finish up assignments for tomorrow	
10:00							
11:00							
12:00 midnight							
1:00							

*Don't forget to include time for self-care - sleep, friends, food, fun and more!