|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Midnight** |  |  |  |  |  |  |  |
| **1 am** |  |  |  |  |  |  |  |
| **2 am** |  |  |  |  |  |  |  |
| **3 am** |  |  |  |  |  |  |  |
| **4 am** |  |  |  |  |  |  |  |
| **5 am** |  |  |  |  |  |  |  |
| **6 am** |  |  |  |  |  |  |  |
| **7 am** |  |  |  |  |  |  |  |
| **8 am** |  |  |  |  |  |  |  |
| **9 am** |  |  |  |  |  |  |  |
| **10 am** |  |  |  |  |  |  |  |
| **11 am** |  |  |  |  |  |  |  |
| **12 noon** |  |  |  |  |  |  |  |
| **1 pm** |  |  |  |  |  |  |  |
| **2 pm** |  |  |  |  |  |  |  |
| **3 pm** |  |  |  |  |  |  |  |
| **4 pm** |  |  |  |  |  |  |  |
| **5 pm** |  |  |  |  |  |  |  |
| **6 pm** |  |  |  |  |  |  |  |
| **7 pm** |  |  |  |  |  |  |  |
| **8 pm** |  |  |  |  |  |  |  |
| **9 pm** |  |  |  |  |  |  |  |
| **10 pm** |  |  |  |  |  |  |  |
| **11 pm** |  |  |  |  |  |  |  |

Studying and Working

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Midnight** | **SLEEP** |  |  |  |  |  |  |
| **1 am** |  | **SLEEP** |  |  |  |  |  |
| **2 am** |  |  | **SLEEP** |  |  |  |  |
| **3 am** |  |  |  | **SLEEP** |  |  |  |
| **4 am** |  |  |  |  | **SLEEP** |  |  |
| **5 am** |  |  |  |  |  | **SLEEP** |  |
| **6 am** |  |  |  |  |  |  |  |
| **7 am** | Breakfast, get ready for work | Breakfast, get ready for work | Breakfast, get ready for work | Breakfast, get ready for work | Breakfast, get ready for work | **SLEEP** | **SLEEP** |
| **8 am** | Travel to work | Travel to work | Travel to work | Travel to work | Travel to work | Breakfast | Breakfast |
| **9 am** | Work |  |  |  |  | Leonie’s netball |  |
| **10 am** |  |  | Work |  |  |  |  |
| **11 am** |  |  |  |  | Work | Mason’s football |  |
| **12 noon** | lunch/walk | lunch/walk | lunch/walk | lunch/walk | lunch/walk | lunch | lunch |
| **1 pm** | Work |  |  |  |  | Housework | *Keep this free & use when* |
| **2 pm** |  |  | Work |  |  | Grocery shopping | *more study needed: assign/ exams* |
| **3 pm** |  |  |  |  | Work |  | *(Sat pm + Sun am still free* |
| **4 pm** | Travel home | Travel home | Travel home | Travel home | Travel home |  | *(for errands/playing with the kids)* |
| **5 pm** |  |  |  |  |  |  | Making dinner |
| **6 pm** | Dinner and clean up | Dinner and clean up | Dinner and clean up | Dinner and clean up | Dinner and clean up | Get takeaways | Dinner and clean up |
| **7 pm** |  |  |  |  |  | Family movie night |  |
| **8 pm** | Getting kids to bed | Getting kids to bed | Getting kids to bed | Getting kids to bed | Getting kids to bed |  | Getting kids to bed |
| **9 pm** | Game of Thrones 8:30 |  | *Ask your partner if they can be ‘on duty’ these days – 3 solid hours of study time* | | | Getting kids to bed |  |
| **10 pm** | Tidying up/ ready for bed | Tidying up/ ready for bed | Tidying up/ ready for bed | Tidying up/ ready for bed | Tidying up/ ready for bed | Tidying up/ ready for bed | Tidying up/ ready for bed |
| **11 pm** | **SLEEP** |  |  | **SLEEP** | *New episodes of Legion Thurs night—save and watch Sun night* |  | **SLEEP** |

Studying full time on campus

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Midnight** | **SLEEP** |  |  | |  |  |  |  |
| **1 am** |  | **SLEEP** |  | |  |  |  |  |
| **2 am** |  |  | **SLEEP** | |  |  |  |  |
| **3 am** |  |  |  | | **SLEEP** |  |  |  |
| **4 am** |  |  |  | |  | **SLEEP** |  |  |
| **5 am** |  |  |  | |  |  | **SLEEP** |  |
| **6 am** |  |  |  | |  |  |  |  |
| **7 am** | Breakfast, get ready for Uni | Breakfast, get ready for Uni | Breakfast, get ready for Uni | | Breakfast, get ready for Uni | Breakfast, get ready for Uni | **SLEEP** | **SLEEP** |
| **8 am** | Travel to Uni | Travel to Uni | Travel to Uni | | Travel to Uni | Travel to Uni | Breakfast | **SLEEP** |
| **9 am** | Lectures/ study |  |  | |  |  | Sports | **SLEEP** |
| **10 am** |  | Lectures/ study |  | |  |  | Sports | Brunch |
| **11 am** |  |  | Lectures/ study | |  |  |  | Grocery shopping |
| **12 noon** |  |  |  | | Lectures/ study |  | lunch |  |
| **1 pm** |  |  |  | |  | Lectures/ study | Housework | *Keep this free & use when* |
| **2 pm** |  |  |  | |  |  |  | *more study needed: assign/ exams* |
| **3 pm** |  |  |  | |  |  | Volunteer work |  |
| **4 pm** | Travel home | Travel home |  | | Travel home | Travel home | Volunteer work | *)* |
| **5 pm** |  |  | Travel home | |  |  | Volunteer work | Making dinner |
| **6 pm** | Dinner and clean up | Dinner and clean up | Dinner and clean up | | Dinner and clean up | Dinner and clean up | Get takeaways | Dinner and clean up |
| **7 pm** | Study |  | Study | | Club meeting | Study | Movie night |  |
| **8 pm** |  | Indoor sports |  | |  |  | Movie night |  |
| **9 pm** |  | Indoor sports |  |  | |  | Movie night |  |
| **10 pm** | Tidying up/ ready for bed | Tidying up/ ready for bed | Tidying up/ ready for bed | | Tidying up/ ready for bed | Tidying up/ ready for bed | Tidying up/ ready for bed | Tidying up/ ready for bed |
| **11 pm** | **SLEEP** |  |  | | **SLEEP** | *New episodes of Legion Thurs night—save and watch Sun night* |  | **SLEEP** |

*New episodes of Legion Thurs night—save and watch Sun night*

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