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Description automatically generated

**Weekly Planner**

This weekly planner is intended to give you an idea where your free time is and an overview of activities you may be able to move

around. The example on the next page is just for fun—use this template to design a plan that works for you.

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

Studying and Working

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

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