

## Week planner grid

Fill in existing commitments (lectures, seminars, paid work, regular sports activities etc). Identify your best times for study and book yourself time to study. Keep somewhere you can see it as a constant reminder!



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>MORNING</b>							
<b>AFTERNOON</b>							
<b>EVENING</b>							