



Name: _____

Date: _____

Planning My Time

- Directions:**
- Step 1: Begin on Monday and schedule everything that you have to do after school (family responsibilities, sports, after-school programs, etc.)
 - Step 2: Schedule homework time. Think about the best time for you to do your homework. Consider when you are most alert and how much time you will need. Block out the appropriate amount of time. You may have to schedule more than one homework session.
 - Step 3: Shade in the time you have left for leisure activities such as communicating with friends, listening to music, watching television.
 - Step 4: Plan your schedule for the rest of the week following steps 1, 2 and 3.

	Monday	Tuesday	Wednesday	Thursday	Friday
2 PM					
3 PM					
4 PM					
5 PM					
6 PM					
7 PM					
8 PM					
9 PM					
10 PM					
11 PM					