

Example of Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
6:30 AM	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
7:00 AM	Get Ready / eat	Get Ready / eat	Get Ready / eat	Get Ready / eat	Get Ready / eat	Sleep	Sleep
7:30 AM	Get Ready	Get Ready	Get Ready	Get Ready	Get Ready	Sleep	Sleep
8:00 AM	Read / Devotion	Read / Devotion	Read / Devotion	Read / Devotion	Read / Devotion	Read / Devotion	Read / Devotion
8:30 AM	Go to Class	Homework/study	Go to class	Homework/study	Go to class	Get Ready / eat	Get Ready / eat
9:00 AM	Class	Homework/study	Class	Homework/study	Class	Homework/study	Serve at church
9:30 AM	Class	Homework/study	Class	Homework/study	Class	Homework/study	Serve at church
10:00 AM	Class	Homework/study	Class	Homework/study	Class	Homework/study	Serve at church
10:30 AM	Class	Go to class	Class	Go to class	Class	Homework/study	Attend church
11:00 AM	Lunch	Class	Lunch	Class	Lunch	Lunch	Attend church
11:30 AM	Online HW	Class	Online HW	Class	Online HW	Go home	Attend church
12:00 PM	Class	Class	Class	Class	Class	Work	Lunch
12:30 PM	Class	Lunch	Class	Lunch	Class	Work	Free Time
1:00 PM	Go Home	Meet a friend	Meet a friend	Meet a friend	Go Home	Work	Free Time
1:30 PM	Homework/Study	Meet a friend	Meet a friend	Meet a friend	Work	Work	Free Time
2:00 PM	Homework/Study	class	Homework/study	class	Work	Work	Free Time
2:30 PM	Homework/Study	Class	Homework/study	Class	Work	Work	Free Time
3:00 PM	Chores	Class	Homework/study	Class	Work	Work	Free Time
3:30 PM	Free Time	Go home	Free Time	Go home	Work	Work	Free Time
4:00 PM	Free Time	Run Errands	Free Time	Free Time	Work	Work	Free Time
4:30 PM	Free Time	Run Errands	Free Time	Free Time	Work	Work	Free Time
5:00 PM	Free Time	Dinner	Dinner	Homework/study	Work	Free Time	Free Time
5:30 PM	Free Time	Work	Work	Homework/study	Work	Free Time	Free Time
6:00 PM	Free Time	Work	Work	Homework/study	Work	Free Time	Free Time
6:30 PM	Dinner	Work	Work	Dinner	Dinner	Free Time	Free Time
7:00 PM	Chi Alpha	Work	Work	Life Group	Free Time	Dinner	Dinner
7:30 PM	Chi Alpha	Work	Work	Life Group	Free Time	Free Time	Free Time
8:00 PM	Chi Alpha	Work	Work	Life Group	Free Time	Free Time	Free Time
8:30 PM	Chi Alpha	Work	Work	Life Group	Free Time	Free Time	Free Time
9:00 PM	Chi Alpha	Work	Work	Free Time	Free Time	Free Time	Free Time
9:30 PM	after snack	Work	Work	Free Time	Free Time	Free Time	Free Time
10:00 PM	after snack	Work	Work	Free Time	Free Time	Free Time	Free Time
10:30 PM	Go home	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
11:00 PM	Sleep	Sleep	Sleep	Sleep	Free Time	Free Time	Sleep
11:30 PM	Sleep	Sleep	Sleep	Sleep	Free Time	Free Time	Sleep

Totals	
Sleep	56
Free Time	30
Work	20
Class	15
Other Activities	14
Homework	12
Meals	10.5
Ministry	10.5
Total	168