Week-Planning Resources

Things that need my time and attention this week (assignments, appointments, chores, etc.)	Time estimate	Things I want to spend time doing to be a happy, healthy person (hobbies, self care, social time, sleep, etc.)	Time estimate

MY NEEDS AND WANTS							
Need to do (for school)	Need to do (for physical/ mental health)	Want to do for fun					

MY IDEAL WEEKLY SCHEDULE								
TIME	М	т	w	тн	F			
6 AM								
7 AM								
8 AM								
9 AM								
10 AM								
11 AM								
12 PM								
1 PM								
2 PM								
3 PM								
4 PM								
5 PM								
6 PM								
7 PM								
8 PM								
9 PM								
10 PM								
11 PM								