

MAKE TIME FOR EVERYTHING – PLAN YOUR WEEK

- SCHEDULE ONLY 60% OF YOUR EVERYDAY LIFE - THE REST SHOULD BE FOR UNPLANNED EVENTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							

Remember to think about:

- How many hours do you spend on online lectures?
- How much time do you spend being in contact with your study group?
- How many hours do you spend studying in addition to lectures?
- How much time do you spend on volunteering?
- How much do you have to work in addition to your education?
- Time for being online with your family and friends and getting fresh air, breaks, streaming and more?

