WEEKLY STUDY TIMETABLE

TIME/DAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	TASK:	DONE?	TASK:	DONE?	TASK:	DONE?	TASK:	DONE ?	TASK:	DONE?	TASK:	DONE?	TASK:	DONE
4:00-5:00	Wakeup/ pray		Wakeup/ pray		Wakeup/ pray		Wakeup/ pray		Wakeup/ pray		Wakeup/ pray		Wakeup/ pray	
5:00-7:00	Skim reading		Skim reading		Skim reading		Skim reading		Skim reading		Skim reading		Skim reading	
7:00-8:00	Exercise		Shower/ breakfas t		Exercise		Shower/b reakfast		Exercise		Shower/ breakfas t		Exercise	
8:00-10:00	Shower/b reakfast		Gym		Shower/b reakfast		Gym		Shower/ breakfas t		Gym		Shower/ breakfas t	
10:00-12:00	Relaxatio n activity		Relaxati on activity		Relaxatio n activity		Relaxatio n activity		Relaxati on activity		Laundry/ Cleanup		Church	
12:00-14:00	Intense reading		Intense reading		Intense reading		Intense reading		Intense reading		Relaxati on activity		Relaxati on activity	
14:00-15:00	lunch		lunch		lunch		lunch		lunch		lunch		lunch	
15:00-18:00	Revision and roundup		Revision and roundup		Revision and roundup		Revision and roundup		Revision and roundup		Nap		Nap	
18:00-19:00	Dinner		Dinner		Dinner		Dinner		Dinner		Dinner		Dinner	

19:00-21:00	Free time	Free time	Free time	Free time	Free time	Free time	Free time	
21:00-4:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	

Skim Reading: go through the work for the day, write down your study goal, draw a plan.

Exercise: Ihour Yoga or stretches

Gym: 2hour intense workout in the gym

Shower/Breakfast: have a shower, eat breakfast and prepare for the day Relaxation Activity: Time for personal activities, naps, hobbies, or meditation.

Intense Reading: 2hour Dedicated study time for subject or topic you wrote down in the morning.

Lunch: Time to eat and recharge for the afternoon sessions.

Revision and Roundup: 3hour long period achieve your goal for the day and roundup your work.

Dinner: Evening meal and unwind time.

Free Time: Engage in an activity you enjoy, like reading, playing an instrument, or watching a series.

Sleep: Ensure you get enough rest to be ready for the next day.

Nap: Take naps to reduce stress and improve performance.

Task: task you must do

Done? Tick this Box if you are done with the task

You can adjust the times and activities to fit your personal study habits and lifestyle. It's important to include breaks and relaxation activities to maintain a healthy balance!