

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:00am	←		Rise and shine! + morning routine	→			
9:00am	Lectures	Gym/Physical activity	Lectures	Lectures	Revision	Gym/Physical activity	Revision
1:00pm	←			Lunch	→		
2:00pm	Lectures/ study time	Lectures/ study time	Lectures/ study time	Lectures/ study time	Lectures/ study time	Revision	Leisure time/societies
5:00pm	←			Dinner	→		
7:00pm	Revision	Revision	Leisure time/societies	Gym/Physical activity	Leisure time/societies	Leisure time/societies	Revision
10:30pm	←			Wind down + night routine	→		