

CHECKING YOUR TIME

A few weeks have passed in the quarter, so you should be seeing a pattern in your routine. Starting with your class schedule, fill in the chart below and put in all of your regular activities, including study, work and personal time to give you a visual chart to show how you are managing your time. Are you managing your time effectively?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00							7
30							
8:00							8
30							
9:00							9
30							
10:00							10
30							
11:00							11
30							
Noon							12
12:30							
1:00							1
30							
2:00							2
30							
3:00							3
30							
4:00							4
30							
5:00							5
30							
6:00							6
30							
7:00							7
30							
8:00							8
30							
9:00							9
30							
10:00							10
30							
11:00							11
30							
12:00							12

<http://www.aug.edu/startup/>

