

Study Schedule



Date

What are three things I'm looking forward to this week?

1.
2.
3.

To-do checklists:

Study tasks

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-
-
-
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Relaxation/self-care

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-
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-
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Social activities

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-
-
-

Movement goals

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-
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-
-
-



Study

schedule



REACHOUT

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
NOON							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							