My schedule

ACC | ACADEMIC COACHING
STUDENT AFFAIRS

	SUN	MON	TUE	WED	THU	FRI	SAT	Rules
7:00 AM								Create routine
8:00 AM								Every class every day
9:00 AM								Study then work
10:00 AM								Morning hours are best for retention
11:00 AM								45 min study 15 min break
12:00 PM								Take lunch
1:00 PM								Alternate subjects
2:00 PM								Observe 2-3 hour rule
3:00 PM								Plan to sleep at least 6 hours
4:00 PM								Take one rest day (Saturday)
5:00 PM								Set planning day (Sunday)
6:00 PM								
7:00 PM								
8:00 PM								
9:00 PM								
10:00 PM								

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