

Study Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12pm-1am							
1-2am							
2-3am							
3-4am							
4-5am							
5-6am							
6-7am							
7-8am							
8-9am							
9-10am							
10-11am							
11am-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							
10-11pm							
11pm-12am							

Study Timetables are useful for a range of reasons. Planning and organising days helps create a routine which can lead to your success.

Even better, you only need to worry about studying during the times set on your timetable. Balance in life is also important.

Make sure there is time set aside for fun, eating, sleeping and relaxing too.

You can photo copy this sheet for each week of semester, and stay flexible! Sometimes things will need to change, make sure you balance it.

Things you may need to book in:

Lecture times	Tutorial times
Assignment study	Exam study
Breakfast	Lunch
Dinner	Relaxation
Exercise	Learning Centre
Family time	Housework
Gardening	Relationships
Social life	Driving time
Volunteering	Shopping
Meditation	Work