

## DR. OWEN'S DAILY SCHEDULE

TIME DAYS	8hrs to 11hrs	11hrs to 12:30hrs	12:30hrs to 17:30hrs	17:30hrs to 18:30hrs	18:30hrs to 20:00hrs	20:00hrs to 22:00hrs	22:00hrs to 01:00hrs	01:30hrs to 07:30hrs
Monday	Pathology	PREPARATION FOR CLASS	CLASS	Clinical Science	Supper	Study group	Physiology	SLEEP
Tuesday	Anatomy			Nap	Laboratory science	supper	Anatomy	
Wednesday	Physiology			Vespers	Supper	Study group	Therapeutics or Biochemistry	
Thursday	Pathology			Nap	Clinical Science	supper	Anatomy	
Friday	Biochemistry			Vespers	Supper	Study group	Socie Med or Public Health	
Saturday	Church	Church	Church	Relaxation	Physiology	Study group	Physiology	Rest
Sunday	Laundry	lunch	Anatomy	Relaxation	Supper	Study group	Diagnostics or Lab science	Rest

Sourcing the idea from Dr. Owen Mwale the Table below is a draft sample of a 2<sup>nd</sup> years time schedule.

Feel free to move things to your convenience according to how your day goes. Kwatafye fi consistency. For instancy.....

## DR. DAILY SCHEDULE

	<b>06hrs to 07 hrs</b>	<b>07 hrs to 08 hrs</b>	<b>08 hrs to 12:30</b>	<b>12:30hrs to 14 hrs</b>	<b>14hrs to 16hrs</b>	<b>16 hrs to 18 hrs</b>	<b>18 hrs to 19 hrs</b>	<b>19 hrs to 21 hrs</b>	<b>21hrs to 01hrs</b>
Day	Passing through the handouts the lecturer might cover today	Preparing yourself for the lessons / Breakfast	CLASS	✓ Resting / ✓ eating / ✓ a nap	Study	✓ Extracurricular activity / ✓ church program / ✓ sports etc	Eating	Study Group	Study