

Study schedule

A.S.H : After School Hours

Without A.S.H:

6:30 - 2:30 : school
 3:00 - 3:30 : rest
 3:30 - 5:30 : 1st study session
 5:30 - 5:45 : break
 5:45 - 7:45 : 2nd study session
 7:45 - 8:00 : break
 8:00 - 8:30 : review/revision
 8:30 - 11:30 : free time
 11:30 : sleep

TOTAL 4.5 HOURS OF STUDYING

With A.S.H:

6:30 - 3:30 : school
 4:00 - 4:30 : rest
 4:30 - 6:30 : 1st study session
 6:30 - 6:45 : break
 6:45 - 8:45 : 2nd study session
 8:45 - 9:00 : break
 9:00 - 9:30 : review/revision
 9:30 - 12:00 : free time
 12:00 : sleep

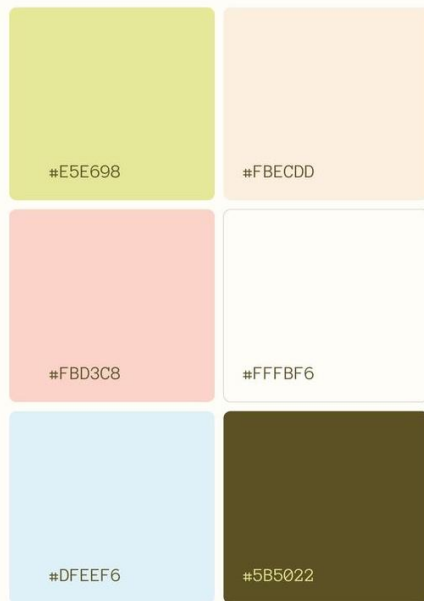
TOTAL 4.5 HOURS OF STUDYING

Checklist

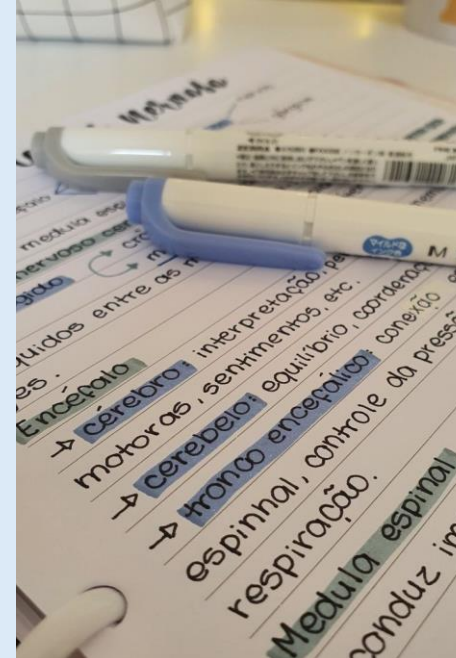


lists that'll make you feel more organized 📝✨

- ☐ packing list
- ☐ grocery list staples
- ☐ morning routine step by step
- ☐ planning out the next day
- ☐ get out of a funk checklist
- ☐ quarterly goals
- ☐ wish list (so you don't impulse buy)
- ☐ a brain dump of tasks
- ☐ weekly review questions
- ☐ list of places to visit
- ☐ recommendations in your city
- ☐ done list (stuff you've gotten done)
- ☐ coworker / friend's coffee orders
- ☐ cleaning checklist
- ☐ gratitudes / appreciation list



To Do List Mood Board



SELF-CARE CHECKLIST

- ☐ Good Sleep
- ☐ Meditate
- ☐ Exercise
- ☐ Read Book
- ☐ Eat Healthy
- ☐ Drink more water

DATE:

