Create an effective timetable for managing your time effectively based on your self-assessment. Ensure the timetable covers all aspects of your life, including academics, training, personal activities, and rest. Consider the following points:

1. Allocate specific time slots for each subject or module you are studying.
2. Schedule your training sessions/clubs/activities, considering the type of activity and recovery time.
3. Plan sufficient time for rest and relaxation to avoid burnout.
4. Include breaks during study sessions to maintain focus and productivity.
5. Allow flexibility to accommodate unexpected events or changes in your routine.

When “Free time” is written below it is referring to either homework, playing games, programming for fun and other personal projects

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time / period** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 1-2 | Sleep | Sleep | Sleep | Sleep | Sleep | Free time | Free time |
| 4-6 | Sleep | Sleep/wake up | Sleep | Sleep/wale up | Sleep/wake up | Sleep | Sleep |
| 7-8 | Sleep | College | Sleep | College | College | Sleep | Sleep |
| 9-10 | Sleep | College | Sleep | College | College | Sleep | Sleep |
| 11-12 | Sleep/Wake up | College | Sleep/Wake up | College | College | Sleep/Wake up | Sleep/Wake up |
| 13-14 | Eat food | Eat food | Eat food | Eat food | Eat food | Eat food | Eat food |
| 15-16 | Free time | College | Free time | College | College | Free time | Free time |
| 17-18 | Eat/Start Walk | Eat/Start Walk | Eat/Start Walk | Eat/Start Walk | Eat/Start Walk | Eat/Start Walk | Eat/Start Walk |
| 19-20 | End walk/shower | End walk/shower | End walk/shower | End walk/shower | End walk/shower | End walk/shower | End walk/shower |
| 21-22 | Free time | Free time | Free time | Free time | Free time | Free time | Free time |
| 22-24 | Sleep | Sleep | Sleep | Sleep | Free time | Free time | Free time |
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