

# “ My One-Week Activity Plan as a Freshman ”

**Name :** Canoy Hail B.

**Section :** CPE11S1

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-5am	Extra Sleep	Wake up Bath and Breakfast	Wake up Bath and Breakfast	Wake up Bath and Breakfast	Wake up Bath and Breakfast	Extra Sleep	Extra Sleep
5-7:30am	Wake up Bath and Breakfast	Travel To School	Travel To School	Travel To School	Travel To School	Extra Sleep	Extra Sleep
7:30-8:30am	Relaxation	Chemistry Class	Chemistry Class	Computer System Administration & Troubleshooting Class	Chemistry Class	Wake up Bath and Breakfast	Wake up Bath and Breakfast
8:30-9:30am	Doing Monday Task	Chemistry Class	Discrete Math Class	Computer System Administration & Troubleshooting Class	Discrete Math Class	Relaxation	Relaxation
9:30-10:30am	Doing Monday Task	Chemistry Class	Understanding The Self Class	Computer System Administration & Troubleshooting Class	Understanding The Self Class	Study Coding	Study Calculus
10:30-12:30pm	Lunch And Relaxation	Programming Logic And Design	Calculus Class	Programming Logic And Design	Calculus Class	Lunch	Lunch
12:30-1:30pm	Family Time	Programming Logic And Design	Lunch	Programming Logic And Design	Calculus Class	Relaxation	Relaxation
1:30-3:30pm	Snacks And Review	Travel To Gym	Physical Activities Toward Health And Fitness	Travel To Gym	Physical Activities Toward Health And Fitness Class	Travel To Gym	Do Unfinished Task

			Class				
3:30-4:30pm	Relaxation	Exercise	Travel To Gym	Exercise	Physical Activities Toward Health And Fitness Class	Exercise	Snacks
4:30-5:30pm	Family Time	Travel Back Home	Exercise	Travel Back Home	Travel To Gym	Travel Back Home	Family Time
5:30-7:30pm	Take Dinner	Take Dinner And Bath	Travel Back Home	Take Dinner And Bath	Exercise	Take Dinner And Bath	Relaxation
7:30-8:30pm	Relaxation	Relaxation	Take Dinner And Bath	Relaxation	Travel Back Home	Relaxation	Take Dinner
8:30-9:30pm	Sleep	Sleep	Relaxation	Sleep	Take Dinner And Bath	Sleep	Relaxation
9:30pm-4am	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep



Please have the honor of pledge in the comment section or at the bottom of your activity document/exam or any form of file submission.

***I affirm that I will not give or receive any unauthorized help on this activity/exam and that all work will be my own.***