Preshita's Daily Planner

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Time | Activity |
| 6:00 – 7:00 AM | Wake up, brush teeth, shower, get ready |
| 7:00 – 7:30 AM | Breakfast |
| 7:30 – 8:00 AM | Leave for library |
| 8:00 – 8:30 AM | Reach library, check emails / social media |
| 8:30 – 10:30 AM | Focused work |
| 10:30 – 10:45 AM | Short break |
| 10:45 – 12:45 PM | Focused work |
| 12:45 – 2:00 PM | Lunch break + free time |
| 2:00 – 4:00 PM | Work session |
| 4:00 – 4:15 PM | Short break |
| 4:15 – 6:15 PM | Work session |
| 6:15 – 8:30 PM | Leave library, reach home, freshen up, help mom, dinner, wash dishes |
| 8:30 – 10:00 PM | Evening work session |
| 10:00 – 11:00 PM | Book reading or journaling |
| 11:00 PM | Sleep |