

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
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7:00 PM							
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8:00 PM							
8:30 PM							

**TIME BUDGET:**

Yellow zone (must do):

Orange zone (would like to do):

Green zone (study blocks):

**Notes for creating a time budget:** Use a yellow highlighter to mark our the hours when you have definate commitments (classes, paid work, "have to do" activities). Use orange for hours that you would prefer not to study (social, not your preferred time to study, etc). Use green to mark the remaining areas. These are your study times. Now add up the hours for each zone. Remember that ideally you need on average 10 hours (classes plus study) for each course. So your yellow and green zones should total around 40 hours per week. Otherwise you may need to adjust your orange zone.