

## My Weekly Schedule (Example)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m. – 6:30 a.m.	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
6:30 a.m. – 7:00 a.m.	Shower/Get Dressed	Shower/Get Dressed	Shower/Get Dressed	Shower/Get Dressed	Shower/Get Dressed	Shower/Get Dressed	Shower/Get Dressed
7:00 a.m. – 7:30 a.m.	Drive to Work	Drive to Work	Drive to Work	Drive to Work	Drive to Work	Breakfast with Family	Breakfast with Family
7:30 a.m. – Noon	Work Hours	Work Hours	Work Hours	Work Hours	Work Hours	Household Chores, Errands	Religious Activity, Volunteering or Other
Noon – 12:30 p.m.	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 p.m. – 4:30 p.m.	Work Hours	Work Hours	Work Hours	Work Hours	Work Hours	Family Activity	My Time
4:30 p.m. – 5:00 p.m.	Drive Home	Drive Home	Drive Home	Drive Home	Drive Home		
5:00 p.m. – 5:30 p.m.	Get Settled, Greet others, Check Mail, etc.	Get Settled, Greet others, Check Mail, etc.	Get Settled, Greet others, Check Mail, etc.	Get Settled, Greet others, Check Mail, etc.	Get Settled, Greet others, Check Mail, etc.		
5:30 p.m. – 6:30 p.m.	Prepare and Eat Dinner	Prepare and Eat Dinner	Prepare and Eat Dinner	Prepare and Eat Dinner	Date night!	Prepare and Eat Dinner	Prepare and Eat Dinner
6:30 p.m. – 9:00 p.m.	My Time – Catch up with friends	My Time – Work on a Hobby	My Time – Work on a Hobby	My Time – Attend a Class		My Time	My Time
9:00 p.m. – 9:30 p.m.	Prepare lunches for next day, Pick out clothing, etc.	Prepare lunches for next day, Pick out clothing, etc.	Prepare lunches for next day, Pick out clothing, etc.	Prepare lunches for next day, Pick out clothing, etc.			Prepare lunches for next day, pick out clothing, etc.
9:30 p.m.	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed

