

Weekly Time Budget

We all worry about having enough time to fit everything in.

Use this weekly time budget to understand where your time goes. Estimate how long you spend each day on activities such as lectures, travel, work, sport, sleeping and eating and fill in this table.

Review at the end of the week for accuracy and consider where you could potentially reallocate time. Look for the 'little bits' of time where you could read one article or revise the notes of one lecture.

Now go to the weekly planner template and try planning your week ahead.

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5-6							
6-7							
7-8							
8-9							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							

