



# Planning Your Weekly Schedule

## *Taming Your Schedule Without Losing Your Mind*

*Time management - one of things we know is good for us, but we rarely follow through to completion! As followers of Christ, we should know our time is a gift from God. This tool should help you be a better steward of your time.*

On the following page, you will see a blank hourly schedule of a week. With your planner and/or class schedule in hand, please fill out your ideal week. Here are things to make sure to include:

- Class times and study times (the recommended outside preparation is 3-5 hours per week for each credit hour of class)
- Meals and meal prep
- Other weekly commitments (with volunteering, clubs, organizations, church, Chi Alpha, etc)
- Hangouts with friends
- Sleep (the recommended sleep for 18-22 year olds is 7-9 hours per night)
- Exercise
- Time with God (a 10-minute daily time with God is better than a hit-or-miss 30 minutes)
- A full day of rest and relaxation (as Christians, we call this a Sabbath!)

Remember, if you fail to plan, you plan to fail! The difficult part is finding a sustainable rhythm for life—so you're not surviving from weekend to weekend!

Once you make a schedule, find ways to keep yourself accountable. Schedule study dates with friends (who actually HELP you to study); set an alarm to remind you to go to bed, not just wake up! Find a place and time that you can spend with God that's free of distraction—sometimes your bedroom is the most distracting place! These are just a few ideas to help you live a disciplined, godly, balanced, and enjoyable life!



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7AM							
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							
10PM							
11PM							
12AM							
1AM							
2AM							