Topic 6 Worksheet 1

Study Planner

What are the tasks and duties you have to complete every day before you can start to focus on study? Use the table below to identify what you do every day, how long it takes, when you do it and, therefore, when are you best placed to study and learn. Add your own examples to the list included in the planner and make it individual to you.

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Activity | Time needed | Time available |
| Monday | Sleep  Morning routine  Travel  Lunch  Travel  Dinner  Sports  Food shopping | 7 hours  1.5 hours  0.5 hour  1 hour  0.5 hour  1 hour  1 hour  1 hour | 24 – 13.5 = 8.5 |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |