**Box 2: A blank template for creating your weekly / daily schedule**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 7.00 |  |  |  |  |  |  |  |
| 8.00 |  |  |  |  |  |  |  |
| 9.00 |  |  |  |  |  |  |  |
| 10.00 |  |  |  |  |  |  |  |
| 11.00 |  |  |  |  |  |  |  |
| 12.00 |  |  |  |  |  |  |  |
| 13.00 |  |  |  |  |  |  |  |
| 14.00 |  |  |  |  |  |  |  |
| 15.00 |  |  |  |  |  |  |  |
| 16.00 |  |  |  |  |  |  |  |
| 17.00 |  |  |  |  |  |  |  |
| 18.00 |  |  |  |  |  |  |  |
| 19.00 |  |  |  |  |  |  |  |
| 20.00 |  |  |  |  |  |  |  |
| 21.00 |  |  |  |  |  |  |  |