

# 7 DAY HOURLY PLANNER: CLASS SCHEDULE

Use this planner to schedule your week in hourly increments **OR** to assess how you spend your time during the week.



HOUR	Mon ____	Tues ____	Wed ____	Thu ____	Fri ____	Sat ____	Sun ____
6:00 am							
7:00 am							
8:10 am – 9:25 am							
9:45 am – 11:00 am							
11:20 am – 12:35 pm							
12:55 pm – 2:10 pm							
2:30 pm – 3:45 pm							
4:05 pm – 5:20 pm							
5:30 pm – 6:45 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							
11:00 pm							
Sleep Schedule							