



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
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7:00 PM							
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8:00 PM							
8:30 PM							
TIME BUDGET:	Yellow zone (must do): 30.5hrs		Orange zone (would like to do): 34.5hrs		Green zone (study blocks): 31hrs		

Notes for creating a time budget: Use a yellow highlighter to mark out the hours when you have definite commitments (classes, paid work, "have to do" activities). Use orange for hours that you would prefer not to study (social, not your preferred time to study, etc.). Use green to mark the remaining areas. These are your study times. Now add up the hours for each zone. Remember that ideally you need on average 10 hours (classes plus study) for each course. So your yellow and green zones should total around 40 hours per week. Otherwise you may need to adjust your orange zone.