|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **7-8 am** | **Sleep** | **Sleep** | **Sleep** | **Sleep** | **Sleep** | **Sleep** | **Sleep** |
| **Sleep** | **Sleep** | **Sleep** | **Sleep** | **Sleep** | **Sleep** |
| **8-9 am** | **Travel** | **Travel** | **Travel** | **Travel** | **Travel** | **Sleep** | **Sleep** |
| **Friends** | Friends | Friends | Friends | Friends |
| **9-10 am** | **School** | **School** | **School** | **School** | **School** | **Travel** | **Sleep** |
| **Sleep** |
| **10-11 am** | **School** | **School** | **School** | **School** | **School** | **Travel** | **Sleep** |
| **11-12 am** | **School** | **School** | **School** | **School** | **School** | **School Game** | **Sleep** |
| **12-1 pm** | **School** | **School** | **School** | **School** | **School** | **School Game** | **Sleep** |
| **N&H** | **N&H** | **N&H** | **N&H** | **N&H** |
| **1-2 pm** | **Friends** | **Friends** | **Friends** | **Friends** | **Friends** | **Travel** | **N&H** |
| **School** | **School** | **School** | **School** | **School** |
| **2-3 pm** | **School** | **School** | **School** | **School** | **School** | **Travel** | **TV** |
| **3-4 pm** | **School** | **School** | **School** | **School** | **School** | **N&H** | **TV** |
| **Travel** | **School Training** | **Travel** | **School Training** | **Travel** | Sleep |
| **4-5 pm** | **TV** | **School Training** | **Sleep** | **School Training** | **Sleep** | Sleep | **TV** |
| **TV** | **Sleep** | **Sleep** |
| **5-6 pm** | **TV** | **Travel** | **Sleep** | **Travel** | **TV** | Sleep | **Facebook** |
| **Sleep** | **Sleep** |
| **6-7 pm** | **Club Training** | **Sleep** | **Club Game** | **Sleep** | **N&H** | **N&H** | **Facebook** |
| **Sleep** | **Sleep** |
| **7-8 pm** | **Club Training** | **TV** | **Club Game** | **N&H** | **Leisure Time** | **Leisure Time** | **Study** |
| **TV** |
| **8-9 pm** | **TV** | **TV** | **Leisure time** | **TV** | **Leisure Time** | **Leisure Time** | **Study** |
| **Leisure time** |
| **9-10pm** | **N&H** | **N&H** | **Leisure time** | **TV** | **Leisure Time** | **Leisure Time**  | **N&H** |
| **Facebook** |
| **10-11pm** | **Study** | **Facebook / Xbox** | **N&H** | **Study** | **Leisure Time** | **Leisure Time** | Study |

**Weekly planner Poor use of time**