

How can you achieve balance? How many activities do you have? Write in everything you do then slot your hours for the week for schoolwork/homework etc.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|--------|---------|-----------|----------|--------|
| 3-3.30 | | | | | |
| 3.30-4 | | | | | |
| 4-4.30 | | | | | |
| 4.30-5 | | | | | |
| 5-5.30 | | | | | |
| 5.30-6 | | | | | |
| 6-6.30 | | | | | |
| 6.30-7 | | | | | |
| 7-7.30 | | | | | |
| 7.30-8 | | | | | |
| 8-8.30 | | | | | |
| 8.30-9 | | | | | |
| 9-9.30 | | | | | |
| 9.30-10 | | | | | |
| 10-10.30 | | | | | |

| | Saturday | Sunday |
|-------|----------|--------|
| 8-9 | | |
| 9-10 | | |
| 10-11 | | |
| 11-12 | | |
| 12-1 | | |
| 1-2 | | |
| 2-3 | | |
| 3-4 | | |
| 4-5 | | |
| 5-6 | | |
| 6-7 | | |
| 7-8 | | |
| 8-9 | | |
| 9-10 | | |
| 10-11 | | |

