

Tools for managing your time

Weekly timetable

Timetable for the week commencing.....

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7-8							
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							

You can add details of your regular timetable and then photocopy this page to help you produce a plan for the week ahead.