

How can you achieve balance in your life ? What 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
before school					
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		