

**SAMPLE
STUDY PLANNING WORKSHEET**
(make copies and use this sheet to track your progress)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM 7:00							
8:00							
9:00							
10:00							
11:00							
PM 12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							

GOAL FOR THE WEEK: _____