

Use **S.M.A.R.T.** GOALS----Specific Measurable Achievable Realistic Timely

- **DON'T** write *STUDY* in for a three hour block; instead write “*practice questions from 3-4, review slides 4-5, eat dinner from 5-6, read new topic/concept from 6-8, put kids to bed from 8-9, shower and bed at 10*”
- **DO** add ALL responsibilities such as *meal prep, sleep, exercise/gym time, commuting time, socializing, etc.*

Weekly Calendar

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							