

Notebook:

Ideas for Living

Weekdays

	8.30AM-3.30PM	3.30-5PM	5-6.30PM	6.30-7.30PM	7.30-10.30PM
MONDAY	LESSONS	MUSIC	TRAVEL/ READ	DINNER	STUDY
TUESDAY	LESSONS	POOL/SWIM	TRAVEL/MSN	DINNER	STUDY
WEDNESDAY	LESSONS	GYM	TRAVEL/ READ	DINNER	STUDY
THURSDAY	LESSONS	HOME	STUDY	DINNER	STUDY
FRIDAY	LESSONS	HOME	STUDY	DINNER	FREE

Term three sample study plan

You can see that activities and priorities have changed since term one. There is a much stronger focus on study, much less free time, and while sport has dropped out, exercise has not. Study=30.5 hours

My subjects to study

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Quote of the day

"Take rest; a field that has rested gives a bountiful crop" – Ovid

Weekends

	8-9AM	9-10.30AM	10.30-11AM	11-1PM	1-2PM	2-4PM	4-5PM	5-6.30PM	6.30-7.30PM	7.30-10.30PM	10.30-11PM
SATURDAY	BREAKFAST	STUDY	BREAK	STUDY	LUNCH	STUDY	EXERCISE	READING	DINNER	OUT/FREE	OUT/FREE
SUNDAY	SLEEP IN	SLEEP IN	BREAKFAST	STUDY	LUNCH	STUDY	EXERCISE	STUDY	DINNER	STUDY	SHOWER/ RELAX