

Finding time to study



	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7							
8							
9							
10							
11							
12							
1							
2							
3							
4							
5							
6							
7							

Daily Planner



Times	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7-8am	breakfast	breakfast	breakfast	breakfast	breakfast		
8-9am	Getting ready for school/nursery	Getting ready for school/nursery	Getting ready for school/nursery	Getting ready for school/nursery	Getting ready for school/nursery	breakfast	breakfast
9-10am	Uni lectures			Uni lectures		swimming	
10-11am	Uni lectures	work	work	Uni lectures	work	swimming	
11-12pm	Uni lectures	work	work	Uni lectures	work	Children to Grandparents	
12-1pm	Uni lectures	work	work	Uni lectures	work		
1-2pm	lunch	work	work	lunch	work		
2-3pm	Uni lectures			Uni lectures			TV time
3-4pm	Uni lectures			Uni lectures			TV time
4-5pm	Tea & activities	Tea & activities	Tea & activities	Tea & activities	Tea & activities		TV time
5-6pm						Collect Children	
6-7pm							
7-8pm	Bath & Bed time	Bath & Bed time	Bath & Bed time	Bath & Bed time			Bath & Bed time
8-9pm					Bath & Bed time	Bath & Bed time	
9-10pm							
10-11pm							

Organisation Checklist

☐	Laptop, fully charged & charger
☐	Snacks
☐	Water Bottle
☐	Wallet & phone
☐	Keys
☐	Pen & paper
☐	
☐	
☐	
☐	
☐	
☐	

It is worth packing your rucksack or bag the night before.



Body Check

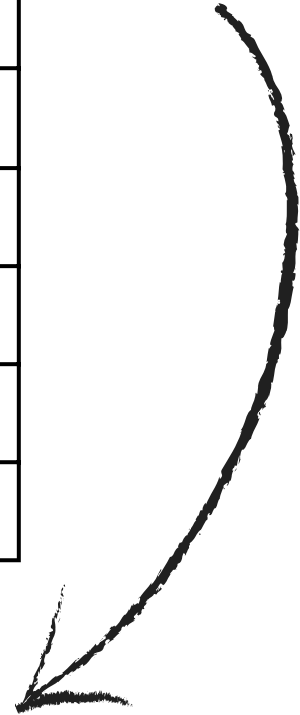


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Prioritising



Due Date	Task



Do Today

☐	
☐	
☐	
☐	

Do Tomorrow

☐	
☐	
☐	
☐	

Body Check



Body Check



Brain Dump

Get it all down here

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Do Now

Quick Wins

Hopeful