

Name \_\_\_\_\_  
Date \_\_\_\_\_

Academic/Personal Goal(s):

- 1.
- 2.
- 3.

How I plan to attain my goal(s):

**School, Home, Work & Free-Time Schedule for the Week**

|      | Mon. | Tu. | Wed. | Th. | Fri. | Sat. | Sun. |
|------|------|-----|------|-----|------|------|------|
| 7am  |      |     |      |     |      |      |      |
| 8am  |      |     |      |     |      |      |      |
| 9am  |      |     |      |     |      |      |      |
| 10am |      |     |      |     |      |      |      |
| 11am |      |     |      |     |      |      |      |
| 12pm |      |     |      |     |      |      |      |
| 1pm  |      |     |      |     |      |      |      |
| 2pm  |      |     |      |     |      |      |      |
| 3pm  |      |     |      |     |      |      |      |
| 4pm  |      |     |      |     |      |      |      |
| 5pm  |      |     |      |     |      |      |      |
| 6pm  |      |     |      |     |      |      |      |
| 7pm  |      |     |      |     |      |      |      |
| 8pm  |      |     |      |     |      |      |      |
| 9pm  |      |     |      |     |      |      |      |
| 10pm |      |     |      |     |      |      |      |
| 11pm |      |     |      |     |      |      |      |