

# WEEKLY STUDY SCHEDULE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01:00AM							
02:00							
03:00							
04:00							
05:00							
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12 Noon							
01:00PM							
02:00							
03:00							
04:00							
05:00							
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00 Midnight							

**Notes:**

- To achieve the best results you are capable of, you will need to put in about 1-1.5 hours (Year 8 students), 2-2.5 hours (Year 9/10 students) and 3 hours (Year 11/12 students) of efficient work a night.
- Plan for these hours of study, but also plan for a balance of other rewarding and relaxing activities.
- You may need to trial your schedule for a week and the fine tune and adjust to your requirements.