**Combined Time Diary and Weekly Study Plan**

***Objective:*** *To break down tasks into manageable parts and create an organized plan with daily goals*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| *Specific tasks to complete upcoming assignments/ prepare for upcoming exams, etc.* |  |  |  |  |  |  |  |
| 6-6:30 AM |  |  |  |  |  |  |  |
| 6:30-7 |  |  |  |  |  |  |  |
| 7-7:30 |  |  |  |  |  |  |  |
| 7:30-8 |  |  |  |  |  |  |  |
| 8-8:30 |  |  |  |  |  |  |  |
| 8:30-9 |  |  |  |  |  |  |  |
| 9-9:30 |  |  |  |  |  |  |  |
| 9:30-10 |  |  |  |  |  |  |  |
| 10-10:30 |  |  |  |  |  |  |  |
| 10:30-11 |  |  |  |  |  |  |  |
| 11-11:30 |  |  |  |  |  |  |  |
| 11:30-12 PM |  |  |  |  |  |  |  |
| 12-12:30 |  |  |  |  |  |  |  |
| 12:30-1 |  |  |  |  |  |  |  |
| 1-1:30 |  |  |  |  |  |  |  |
| 1:30-2 |  |  |  |  |  |  |  |
| 2-2:30 |  |  |  |  |  |  |  |
| 2:30-3 |  |  |  |  |  |  |  |
| 3-3:30 |  |  |  |  |  |  |  |
| 3:30-4 |  |  |  |  |  |  |  |
| 4-4:30 |  |  |  |  |  |  |  |
| 4:30-5 |  |  |  |  |  |  |  |
| 5-5:30 |  |  |  |  |  |  |  |
| 5:30-6 |  |  |  |  |  |  |  |
| 6-6:30 |  |  |  |  |  |  |  |
| 6:30-7 |  |  |  |  |  |  |  |
| 7-7:30 |  |  |  |  |  |  |  |
| 7:30-8 |  |  |  |  |  |  |  |
| 8-8:30 |  |  |  |  |  |  |  |
| 8:30-9 |  |  |  |  |  |  |  |
| 9-9:30 |  |  |  |  |  |  |  |
| 9:30-10 |  |  |  |  |  |  |  |
| 10-10:30 |  |  |  |  |  |  |  |
| 10:30-11 |  |  |  |  |  |  |  |
| 11-11:30 |  |  |  |  |  |  |  |
| 11:30-12 AM |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Total # Hrs. |  |  |  |  |  |  |  |
| Goal # Hrs. |  |  |  |  |  |  |  |

Source: The Learning Center. Central Connecticut State University