

Appendix 9-D: Distributed Schedule Example

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	7:30 AM	Breakfast/	Breakfast/	Breakfast/	Breakfast/	Breakfast/	Breakfast/	Breakfast/
7:30 AM	8:00 AM	Getting Ready	Getting Ready	Getting Ready	Getting Ready	Getting Ready	Getting Ready	Getting Ready
8:00 AM	8:30 AM							
8:30 AM	9:00 AM							
9:00 AM	9:30 AM	PSYC class		PSYC class		Review PSYC materials		
9:30 AM	10:00 AM		Work		Work			Church
10:00 AM	10:30 AM	ENGL class		ENGL class				
10:30 AM	11:00 AM					Review ENGL materials		
11:00 AM	11:30 AM	Lunch/		Lunch/				
11:30 AM	12:00 PM	Relax	Lunch	Relax	Lunch			
12:00 PM	12:30 PM	Organize PSYC notes		Organize PSYC notes		Lunch/		
12:30 PM	1:00 PM					Relax		
1:00 PM	1:30 PM		MATH class		MATH class		Basketball	Read for the week
1:30 PM	2:00 PM	Organize ENGL notes		Organize ENGL notes		MATH study group		
2:00 PM	2:30 PM	Visit PSYC OH	Visit MATH tutoring center		Visit MATH instructor OH			
2:30 PM	3:00 PM							
3:00 PM	3:30 PM							
3:30 PM	4:00 PM							
4:00 PM	4:30 PM							
4:30 PM	5:00 PM		Exercise		Exercise			
5:00 PM	5:30 PM	Work		Work				
5:30 PM	6:00 PM							
6:00 PM	6:30 PM							
6:30 PM	7:00 PM							
7:00 PM	7:30 PM		Read/Re-read for ENGL		"Night off"			
7:30 PM	8:00 PM							
8:00 PM	8:30 PM	Review MATH homework	Work on long-term projects	Review MATH homework				
8:30 PM	9:00 PM							
9:00 PM	9:30 PM							
9:30 PM	10:00 PM							
10:00 PM	10:30 PM							
10:30 PM	11:00 PM							
Specific Tasks to Accomplish this day								