

## Appendix 9-D: Distributed Schedule Example

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