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|  | **06:00-07:00** | **07:00-08:00** | **08:00-09:00** | **09:00-12:00** | **12:00-13:00** | **13:00-16:00** | **16:00-17:00** | **17:00-18:00** | **18:00-19:00** | **19:00-20:00** | **20:00-21:00** | **21:00-22:00** |
| **MON** | Get ready | Breakfast and housework | Drop kids at school and travel to college | Comms | Lunch on campus | Prep for HE & Guidance | Pick up kids  Travel home | Dinner and housework | Family time | Family time | Study time and homework | Rest and relaxation |
| **TUE** | Get ready | Breakfast and housework | Drop kids at school and travel to college | History | Lunch on campus | Library  Study time | Kids go to Mum’s  Travel to work | Work 5-9 | Work 5-9 | Work 5-9 | Work 5-9 | Pick up kids  Travel home |
| **WED** | Get ready | Breakfast and housework | Drop kids at school and travel to college | Psychology | Lunch on campus | Maths | Pick up kids  Travel home | Dinner and housework | Family time | Family time | Study time and homework | Rest & Relaxation |
| **THU** | Get ready | Breakfast and housework | Drop kids at school and travel to college | Sociology | Lunch on campus | Maths | Kids go to Mum’s  Travel to work | Work 5-9 | Work 5-9 | Work 5-9 | Work 5-9 | Pick up kids  Travel home |
| **FRI** | Get ready | Breakfast and housework | Drop kids at school and travel home | Study time and housework | Lunch at home | Study time and housework | Partner picks up kids | Dinner and housework | Family time | Family time | Study time and homework | Rest & Relaxation |
| **SAT** | Long lie | Get ready | Travel to work | Work 9-4 | Work 9-4 | Work 9-4 | Travel home | FLEX | FLEX | FLEX | FLEX | FLEX |
| **SUN** | FLEX | FLEX | FLEX | FLEX | FLEX | FLEX | FLEX | FLEX | FLEX | FLEX | FLEX | FLEX |

**Your own schedule will likely look completely different from this**, depending on your hours of work, whether or not you have children (and how independent they are), whether or not you have a partner or parents in the picture to support you. If you’re a morning person, you may find it better to get up early and do your studying and homework before the rest of the household is awake. Night owls may find it more productive to stay up later and get things done after everyone else is in bed.

**Download a blank timetable** and pencil in your own activities – but be prepared to change it and/or to ask for additional support if you find your current schedule is not working out.

**Try to include flexibility** in your schedule so you can fit in whatever you need most: more work shifts to make ends meet, a night out with friends, or some time in front of the telly. Having a little bit of flexibility in your schedule also allows you to shift things around during the week, so you can deal with the unexpected, and still meet your other responsibilities.