

Weekly planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Morning	Rest	Rest	Rest	Attend Tutorial 9am – 11am	Rest	Rest	Rest	
Self-Care Priorities	♥ Water ♥ Food ♥ Exercise 😐 😊 😄	♥ Water ♥ Food ♥ Exercise 😐 😊 😄	♥ Water ♥ Food ♥ Exercise 😐 😊 😄	♥ Water ♥ Food ♥ Exercise 😐 😊 😄	♥ Water ♥ Food ♥ Exercise 😐 😊 😄	♥ Water ♥ Food ♥ Exercise 😐 😊 😄	♥ Water ♥ Food ♥ Exercise 😐 😊 😄	♥ Water ♥ Food ♥ Exercise 😐 😊 😄
Day	Watch online lecture Write up notes Video game	Read chapter 7 textbook and take notes for quiz	Attend Tutorial 11am – 1pm	Check announcements & forums	Find 2 scholarly articles		Beach with friends	
Day		Online quiz	Read assignment instructions & make to do list	Draft assignment plan	Work	Fill in next week planner	Beach with friends	
Evening	Watch online lecture Write up notes Video game	🕒 8.30am Organise things for morning Video game	Review tutorial readings 🕒 7am Organise things for morning	Work	Video game	Work	Video game	
Notes	Pay car rego	Check email	Check email	Check email	Check email		Do clothes washing	