

EXAMPLE OF GRID:

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
12 a.m.– 1 a.m.	Sleep	Sleep	Assignment Work	Sleep	Work	Sleep	Sleep		
1 a.m.– 2 a.m.									
2 a.m.– 3 a.m.			Sleep						
3 a.m.– 4 a.m.									
4 a.m.– 5 a.m.									
5 a.m.– 6 a.m.	Prepare for work and drive to work	Prepare for work and drive to work	Family Time	Family Time					
6 a.m.– 7 a.m.									
7 a.m.– 8 a.m.	Work	Work			Self-Care: Exercise	Family & Friends Time	Family Time		
8 a.m.– 9 a.m.							Church		
9 a.m.– 10 a.m.			Drive home						
10 a.m.– 11 a.m.			Housework	Housework	Course Work				
11 a.m.– 12 p.m.				Sleep	Sleep				
12 p.m.– 1 p.m.				Sleep		Family Time			
1 p.m.– 2 p.m.									
2 p.m.– 3 p.m.									
3 p.m.– 4 p.m.					Family Time: Play and Children's Homework	Family Time	Family Time	Course Study: Discussion	Self- Care: Exercise
4 p.m.– 5 p.m.									
5 p.m.– 6 p.m.						Assignment Work	Family Time		
6 p.m.– 7 p.m.			Family Time: Supper	Prepare for work & drive Work				Course Study	
7 p.m.– 8 p.m.								Assignment Work	
8 p.m.– 9 p.m.	Family Time: Supper and Children's Homework	Family Time	Course Work: Discussion		Sleep	Sleep			
9 p.m.– 10 p.m.									
10 p.m.– 11 p.m.	Sleep	Course Study: read lesson and book	Sleep						
11 p.m.– 12 a.m.							Sleep		