

Time Management Worksheet

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00	Grooming, Breakfast	Breakfast, drive to school	Breakfast, drive to school	Breakfast, drive to school	Breakfast, drive to school	Breakfast, drive to school	Grooming, Breakfast
8:00	Open Study	MSK	Clin Neuro	Heme	MSK	OPP III	MSK study
9:00	Open Study	MSK	Clin Neuro	Heme	MSK	OPP III	Heme study
10:00	Open Study	Heme	EPC III	Clin Neuro	Heme	MSK	Meet with Study Group
11:00	Open Study	Heme	EPC III	Clin Neuro	Heme	MSK	Meet with Study Group
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	MSK Study	OPP III	MSK	OPP III	Clin Neuro	MSK study	Practice Questions
2:00	Heme Study	OPP III	MSK	OPP III	Clin Neuro	Heme study	Practice Questions
3:00	Make Time Mgmt Schedule	Quick Review	MSK	OPP III	EPC III	Clin Neuro study	Practice Questions
4:00	Grocery, Laundry	Exercise	Exercise	Exercise	Exercise	Exercise	Clin Neuro Study
5:00	Grocery, Laundry	MSK Study	Quick Review	Quick Review	Quick Review	Quick Review	EPC/OPP/FMHC Study
6:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00	MSK study	Heme study	Clin Neuro Study	Heme study	Heme study	EPC Study	Free time
8:00	Heme study	Clin Neuro study	MSK Study	MSK study	Clin Neuro study	OPP Study	Free time
9:00	Clin Neuro study	MSK Study	Practice Questions	Clin Neuro study	Practice Questions	FMHC Study	Free time
10:00	Preview	Preview	Preview	Preview	Preview	MFM Study	Free time
11:00	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed

Time allocated during the week, study 45-48 hours (combination of Preview, Quick Review, 48 hour Review, Basic Study Time, Practice Questions, meet with Study Group, Catch-up/Flex, attend Tutor session, going over hard/challenging topics)