

WEEK PLANNER

A regular routine can help reduce boredom and help you create a sense of normality.

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am							
9am							
10am							
11am							
12am							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							

Key

Colour code each of the following and use to fill in the timetable:

-  **Timetabled study**
Attempt to do your online learning at the same time as your usual contact hours
-  **Self-directed study**
Reading, research etc.
-  **Exercise**
Try for 30 minutes a day
-  **Relax**
Reading, tv, films, talking to friends
-  **Eat**
Try eat at your normal times and stay healthy
-  **Connect**
Keep in touch with those important to you