|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **5:00 am** |  |  |  |  |  |  |  |
| **6:00 am** |  |  |  |  |  |  |  |
| **7:00 am** |  |  |  |  |  |  |  |
| **8:00 am** |  |  |  |  |  |  |  |
| **9:00 am** |  |  |  |  |  |  |  |
| **10:00 am** |  |  |  |  |  |  |  |
| **11:00 am** |  |  |  |  |  |  |  |
| **12:00 pm** |  |  |  |  |  |  |  |
| **1:00 pm** |  |  |  |  |  |  |  |
| **2:00 pm** |  |  |  |  |  |  |  |
| **3:00 pm** |  |  |  |  |  |  |  |
| **4:00 pm** |  |  |  |  |  |  |  |
| **5:00 pm** |  |  |  |  |  |  |  |
| **6:00 pm** |  |  |  |  |  |  |  |
| **7:00 pm** |  |  |  |  |  |  |  |
| **8:00 pm** |  |  |  |  |  |  |  |
| **9:00 pm** |  |  |  |  |  |  |  |
| **10:00 pm** |  |  |  |  |  |  |  |
| **11:00 pm** |  |  |  |  |  |  |  |
| **12:00 am** |  |  |  |  |  |  |  |

Fill out this time management tracker with all of your time commitments during the week. Things to think about: sleep, meals, commuting, class, work, exercise, clubs, events, or any weekly commitment.

*Adapted from: Iowa State University, Academic Success Center, 2018*