

My Weekly Timetable

So you're ready to combat **procrastination** once and for all! This timetable template will help you do your homework/assignments/study without procrastinating - and it only takes 5 minutes to fill in!

Step 1

Fill in when all your extra-curricular activities are – sports games, music lessons, etc.

Fill in any weekly activities you have during school time too.

Step 3

Fill in when you're going to do your homework / assignments / study.

Try to stagger these times. 1-2 hours every day is much better than 6 hours straight one day a week.

Step 2

Fill in when you do ordinary things like have dinner, go to bed, etc. Maybe put in when your favourite TV show is as a reward for doing good work!

Step 4

Stick your timetable up somewhere prominent.

Tack it to your door or put it above your study desk. It doesn't matter where it goes – as long as you see it every day!

Keep to your timetable as much as you can! Doing your homework and studying consistently throughout the year will have **HUGE rewards for you!**

My Weekly Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							