**Developing My Weekly Routine**

Academic Success Guide

**Student Success Center- Cayan Library- SUNY Polytechnic Institute**

**DIRECTIONS:** Use the clock sheet to plan class times, regular meeting times, and times you will eat, study, and have down time. This will help you use time more wisely, keep you organized, and may even reduce stress!

|  | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **7:00-8:00** |  |  |  |  |  |  |  |
| **8:00-9:00** |  |  |  |  |  |  |  |
| **9:00-10:00** |  |  |  |  |  |  |  |
| **10:00-11:00** |  |  |  |  |  |  |  |
| **11:00-12:00** |  |  |  |  |  |  |  |
| **12:00-1:00** |  |  |  |  |  |  |  |
| **1:00-2:00** |  |  |  |  |  |  |  |
| **2:00-3:00** |  |  |  |  |  |  |  |
| **3:00-4:00** |  |  |  |  |  |  |  |
| **4:00-5:00** |  |  |  |  |  |  |  |
| **5:00-6:00** |  |  |  |  |  |  |  |
| **6:00-7:00** |  |  |  |  |  |  |  |
| **7:00-8:00** |  |  |  |  |  |  |  |
| **8:00-9:00** |  |  |  |  |  |  |  |
| **9:00-10:00** |  |  |  |  |  |  |  |
| **10:00-11:00** |  |  |  |  |  |  |  |