







# 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

