# **Weekly Preparation & Planner**

My Highest Priority items this week includes:   
(name of priority, estimated length of time, and course if applicable)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My “To-Do” items this week includes:

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My self-care plans this week includes:

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My success network this week will includes (ex. Classmates, study group, tutor, academic advisor, etc.):

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**Complete your weekly planner with the following items; use the course color codes where applicable**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| * Class Attendance | * Personal Commitment | * Work | * Sleep | * Meals |
| * Study (group) | * Study (solo) | * Schoolwork | * Labs, projects | * Physical Activity |
| * Socialization | * Commuting | * Chores | * Flex Time | * Club/Society |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **7 – 8** |  |  |  |  |  |  |  |
| **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** |  |  |  |  |  |  |  |
| **9 – 10** |  |  |  |  |  |  |  |
| **10 – 11** |  |  |  |  |  |  |  |