

Stress less. Being organised is the key to keeping stress and anxiety to a minimum. Use this planner to arrange your work/play/rest. Enter the hours you intend to work (if you have a part-time job) to study or do home work, the time you want to spend relaxing, that's called leisure time and the time you should be going to sleep etc. Record dinner time, fb time and sport activities. Having an organised timetable will help you stay on task and motivate you to get done what needs to be done.

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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							

Please remember that you choose to succeed when you choose to do what it takes to succeed.