**Timetable Week beginning:**

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| **What do I want to achieve this week? Make it manageable!**  **e.g. which piece of work do you want to complete, how many PERs** |
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| **What are my barriers to learning this week?**  **e.g social occasions, family staying, childcare, illness, holidays, tiredness.** |
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| **How can I overcome these barriers?**  **e.g. who can help you, how might you need to alter your study times.** |
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| **What time have I got available this week?**  **e.g. have you planned in down time, have you got plans at the weekend** |
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| **How did it go?**  **e.g. Did your overcome your barriers? Were there different barriers? What went well? What didn’t? What could you do the same or differently next week?** |
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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 8:00 |  |  |  |  |  |  |  |
| 9:00 |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |
| 11:00 |  |  |  |  |  |  |  |
| 12:00 |  |  |  |  |  |  |  |
| 1:00 |  |  |  |  |  |  |  |
| 2:00 |  |  |  |  |  |  |  |
| 3:00 |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |
| 5:00 |  |  |  |  |  |  |  |
| 6:00 |  |  |  |  |  |  |  |
| 7:00 |  |  |  |  |  |  |  |
| 8:00 |  |  |  |  |  |  |  |
| 9:00 |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |