

## Time Management Plan Tool

[REDACTED]  
 NR500NP with Dr. Susan  
 Thomas [REDACTED]  
[REDACTED]

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 a.m.–1 a.m.	Bedtime routine, Personal time	Bedtime Routine, Personal time	Bedtime Routine, Personal time	Bedtime Routine, Personal time	Bedtime Routine, Personal time	Bedtime Routine, Personal time	Bedtime Routine, Personal time
1 a.m.–2 a.m.	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
2 a.m.–3 a.m.	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
3 a.m.–4 a.m.	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
4 a.m.–5 a.m.	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5 a.m.–6 a.m.	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
6 a.m.–7 a.m.	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
7 a.m.–8 a.m.	Wake up routine, Personal time, Breakfast	Wake up routine, Personal time, Breakfast	Wake up routine, Personal time, Breakfast	Sleep	Sleep	Sleep	Sleep
8 a.m.–9 a.m.	Week 3 Readings	Personal time	Personal time	Wake up routine,	Wake up routine,	Wake up routine,	Wake up routine,

