

Sample Student Schedules

Our students are balancing work, life, family, or some combination of all of the above. Weekly, 1:1 sessions with a professional coach help to set goals, adapt when things come up, and stay on track. Here are some illustrative examples of how they make it work.



Sample Schedule #1



Sample Student Schedule #1: Monday - Thursday Schedule

Time	Activity
6:30 - 7 am	Wake up, morning routine
7 - 7:45 am	Wake up kids, breakfast, take him to school
7:45 - 8 am	Drive home
8 - 8:30 am	Get ready for work
8:30 - 9 am	Drive to work
9 am - 5 pm	Work
5 - 5:30 pm	Pick up kids from after school program, get home
5:30 - 8 pm	Family time, dinner
8 - 10 pm	School work
10 - 11 pm	Wind down, nightly routine
11 pm	Bedtime



Sample Student Schedule #1: Friday Schedule

Time	Activity
6:30 - 7 am	Wake up, morning routine
7 - 7:45 am	Wake up kids, breakfast, take him to school
7:45 - 8 am	Drive home
8 - 8:30 am	Get ready for work
8:30 - 9 am	Drive to work
9 am - 5 pm	Work
5 - 5:30 pm	Pick up kids from after school program, get home
5:30 - 8 pm	Family time, dinner
8 - 10 pm	Time with friends
10 - 11 pm	Wind down, nightly routine
11 pm	Bedtime



Sample Student Schedule #1: Saturday Schedule

Time	Activity
8 - 9 am	Wake up, morning routine
9 - 11 am	School work
11 am - 1 pm	Family time, lunch
1 - 3 pm	Run errands
3 - 5 pm	Workout, watch TV, rest
5 - 7 pm	Family time
7 - 10 pm	Time with friends
10 - 11 pm	Wind down, nightly routine
11 pm	Bedtime



Sample Student Schedule #1: Sunday Schedule

Time	Activity
8 - 9 am	Wake up, morning routine
9 - 10 am	School work
10 am - 1 pm	Family time, lunch
1 - 3 pm	Run errands
3 - 5 pm	Workout, clean house, rest
5 - 7 pm	Family time
7 - 9 pm	Dinner, watch TV
9 - 10 pm	School work
10 - 11 pm	Wind down, nightly routine
11 pm	Bedtime



Sample Schedule #2



Sample Student Schedule #2: Monday - Thursday Schedule

Time	Activity
6 - 6:30 am	Wake up, morning routine
6:30 - 10 am	Drive rideshare
10 am - 11 am	Workout
11 - 12 pm	Lunch
12 - 2:30 pm	School work
2:30 - 2:45 pm	Get ready for work
2:45 - 3 pm	Drive to work
3 - 8 pm	Work
8 - 8:15 pm	Drive home
8:15 - 9 pm	Dinner
9 - 10:30 pm	Video games, watch TV, nightly routine
10:30 pm	Bedtime



Sample Student Schedule #2: Friday Schedule

Time	Activity
8 - 9 am	Wake up, morning routine
9 - 11 am	School work
11 am - 12 pm	Workout
12- 1 pm	Lunch
1 - 2:30 pm	Run errands
2:30 - 3 pm	Clean apartment
3 - 5 pm	Watch TV, video games
5 - 6 pm	Dinner
6 pm - 12 am	Drive rideshare
12 - 1 am	Nightly routine, go to bed



Sample Student Schedule #2: Saturday Schedule

Time	Activity
10 - 11 am	Wake up, morning routine
11 am - 1 pm	School work
1 - 3 pm	Lunch, run errands
3 - 7 pm	Workout, watch TV, rest
7 pm - 12 am	Time with friends
12 am - 1 am	Nightly routine, bedtime



Sample Student Schedule #2: Friday Schedule

Time	Activity
9 - 10 am	Wake up, morning routine
10 - 12 pm	Watch TV, video games
12 - 1 pm	Lunch
1 - 3:30 pm	School work
3:30 - 3:45 pm	Get ready for work
3:45 - 4 pm	Drive to work
4 - 10 pm	Work
10 - 10:15 pm	Drive home
10:15 - 11 pm	Nightly routine, bedtime

