

# Effective Study - Study Schedule

|          | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|---------|-----------|----------|--------|----------|--------|
| 3:00 am  |        |         |           |          |        |          |        |
| 4:00 am  |        |         |           |          |        |          |        |
| 5:00 am  |        |         |           |          |        |          |        |
| 6:00 am  |        |         |           |          |        |          |        |
| 7:00 am  |        |         |           |          |        |          |        |
| 8:00 am  |        |         |           |          |        |          |        |
| 9:00 am  |        |         |           |          |        |          |        |
| 10:00 am |        |         |           |          |        |          |        |
| 11:00 am |        |         |           |          |        |          |        |
| Noon     |        |         |           |          |        |          |        |
| 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 |        |         |           |          |        |          |        |
| MIDNIGHT |        |         |           |          |        |          |        |
| 1:00 am  |        |         |           |          |        |          |        |
| 2:00 am  |        |         |           |          |        |          |        |

Notes: