

LINE MASTER 7-5 ■ WEEKLY PLANNER CHECK-UP

Jasmine leaves for school at 8:00 a.m. and returns at 4:30 p.m.
Help Jasmine fit in everything else she needs to do.

On the weekly planner (page 2 of this line master), write the start and end time, and a short description for each activity.
(Example: 6:00–8:00 p.m.: Finish Geography presentation).

Add the following to the weekly plan:

- two hours of work time before each major assignment or test
- one hour a day Sunday to Thursday to complete other homework
- one hour each day for enjoyable and relaxing activities such as exercise, and spending time with friends and family

Examine the completed weekly plan you made for Jasmine.

- a) Have you left enough time for Jasmine to eat three meals and get the sleep she needs? If not, revise your plan.
- b) Is there anything else missing from Jasmine's weekly plan? Add it, if you think it should be on there.
- c) Calculate how much time this week Jasmine scheduled for the following:

Activity	Total time scheduled
School work outside of school	
Athletic activities and exercise	
Other activities	

LINE MASTER 7-5 ■ WEEKLY PLANNER CHECK-UP *continued*

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly Goals