

Student Athletes - Time Management Grid

| | |
|-------------|-------------|
| Name: _____ | Date: _____ |
|-------------|-------------|

| Times | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | ASSA Comments |
|-------------|--------|--------|---------|-----------|----------|--------|---------------|
| 7 am-8 am | | | | | | | |
| 8 am- 9 am | | | | | | | |
| 9 am-10 am | | | | | | | |
| 10 am-11am | | | | | | | |
| 11 am-noon | | | | | | | |
| 12 pm-1pm | | | | | | | |
| 1 pm- 2 pm | | | | | | | |
| 2 pm-3 pm | | | | | | | |
| 3 pm-4 pm | | | | | | | |
| 4 pm-5 pm | | | | | | | |
| 5 pm-6 pm | | | | | | | |
| 6 pm-7 pm | | | | | | | |
| 7 pm-8 pm | | | | | | | |
| 8 pm-9 pm | | | | | | | |
| 9 pm-10 pm | | | | | | | |
| 10pm-11 pm | | | | | | | |
| 11 pm-12 am | | | | | | | |

Student Signature: _____

Your Required Study Hall Hours Are: _____

(If Applicable – See your ASSA Counselor)

ASSA Counselor: _____