**Checksheet for 24/7 Planning Template**  Checker: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Total** |
| Course1 |  |  |  |  |  |  |  |  |
| Course2 |  |  |  |  |  |  |  |  |
| Course3 |  |  |  |  |  |  |  |  |
| Course4 |  |  |  |  |  |  |  |  |
| Course5 |  |  |  |  |  |  |  |  |
| Course6 |  |  |  |  |  |  |  |  |
| Course7 |  |  |  |  |  |  |  |  |
| Meals |  |  |  |  |  |  |  |  |
| Sleep |  |  |  |  |  |  |  |  |
| Hygiene |  |  |  |  |  |  |  |  |
| Exercise |  |  |  |  |  |  |  |  |
| Relaxing  & Social |  |  |  |  |  |  |  |  |
| Campus  Org1 |  |  |  |  |  |  |  |  |
| Campus  Org2 |  |  |  |  |  |  |  |  |
| Campus  Org3 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  | Priority |  |  |  |  |  |
|  |  |  | 1st |  |  |  |  |  |
|  |  |  | 2nd |  |  |  |  |  |
|  |  |  | 3rd |  |  |  |  |  |
|  |  |  | 4th |  |  |  |  |  |
|  |  |  | 5th |  |  |  |  |  |
|  |  |  | 6th |  |  |  |  |  |
|  |  |  | 7th |  |  |  |  |  |