

Daily Schedule Suggestion

<u>Time:</u>	<u>Task:</u>	<u>Ideas and Resources:</u>
Aim before 9am 1 hour	<u>Wake Up</u> <u>Breakfast and Activity</u>	<ul style="list-style-type: none"> • 30 min Activity e.g. Walk, Yoga (YouTube Yoga by Adrien), Podcast, Mindfulness Practice e.g. Insight Timer app.
30 minutes	<u>Check Emails</u>	<ul style="list-style-type: none"> • Set timer if helpful
1 hour	<u>College Work</u> Check Canvas, Online Lectures, Assignments	<ul style="list-style-type: none"> • Apps to help structure work time: Pomodoro, Todoist, Focus Time, Forest: Stay Focused (helps manage phone use)
15 minutes	<u>Break</u>	<ul style="list-style-type: none"> • Move around if possible – Tea/coffee/snack (maybe video call friend). • Short walk or stretch.
1 hour	<u>College Work</u>	<ul style="list-style-type: none"> • Canvas, Assignment, Online lectures.
1.5 hours	<u>Lunch</u>	<ul style="list-style-type: none"> • Take time to make food you like. • Online or video chat with friend/family • Exercise: Walk, run or stretch • Free guided Mindful Walking app e.g. ‘Insight Timer’
1 hour	<u>College Work</u>	<ul style="list-style-type: none"> • Canvas, Assignment, Online lectures
15 mins	<u>Break</u>	<ul style="list-style-type: none"> • Move around, have drink/snack
1 hour	<u>College Work</u>	<ul style="list-style-type: none"> • Canvas, Online lectures, Assignments
30 minutes	<u>Plan for tomorrow</u>	<ul style="list-style-type: none"> • What college work do you need to focus on? Activity ideas for breaks e.g. tea/coffee video call with friend.
1 hour	<u>Leisure</u>	<ul style="list-style-type: none"> • Time for activities (old or new) you enjoy e.g. Exercise, Movie or Series, Podcasts, Audio Book. • Free online courses or Virtual Museum Tours
Evening	<u>Chat and Connect</u>	<ul style="list-style-type: none"> • Call friend or family • Watch movie or series - arrange to watch with others and chat after.
Bedtime	<u>Sleep</u>	<ul style="list-style-type: none"> • 30 minute activity to unwind before sleep e.g. Sleep stories (YouTube or Calm app), Podcast, Audio book, Mindfulness App, Relaxing viewing.