

We are all different. Some people thrive on structure whilst others like to be a little but more flexible with their day. It can be really helpful to plan out your week so that you can see how your timings are playing out (either for current commitments or to try and plan out a new routine. For this reason I have made a blank template for you to use if you wish. You will see that it is split into three main sections morning, afternoon and evening. You can either stick to this or if you want to add in further structure then feel free to add in timings too. (whatever works for you).

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun

