

## Overview per day

**Day:**

06:00			12.00			18.00			00.00	
06:15			12.15			18.15			00.15	
06:30			12.30			18.30			00.30	
06:45			12.45			18.45			00.45	
07:00			13.00			19.00			01.00	
07:15			13.15			19.15			01.15	
07:30			13.30			19.30			01.30	
07:45			13.45			19.45			01.45	
08.00			14.00			20.00			02.00	
08.15			14.15			20.15			02.15	
08.30			14.30			20.30			02.30	
08.45			14.45			20.45			02.45	
09.00			15.00			21.00			03.00	
09.15			15.15			21.15			03.15	
09.30			15.30			21.30			03.30	
09.45			15.45			21.45			03.45	
10.00			16.00			22.00			04.00	
10.15			16.15			22.15			04.15	
10.30			16.30			22.30			04.30	
10.45			16.45			22.45			04.45	
11.00			17.00			23.00			05.00	
11.15			17.15			23.15			05.15	
11.30			17.30			23.30			05.30	
11.45			17.45			23.45			05.45	

### Colors

White	=	Sleeping and personal care
Blue	=	Eating, groceries, cooking, laundry, cleaning up
Purple	=	Working in a job
Yellow	=	Relaxing: study break, reading, music, sports, social
Black	=	Wasting time on 'nothing'
Green	=	Taking classes, workgroups
Orange	=	Traveling
Red	=	Studying or working on paper or thesis

# Summary per week

Activity	Color	Day							Total
		Mo	Tu	We	Th	Fr	Sa	Su	
Sleeping and personal care	White								
Eating, groceries, cooking, laundry, cleaning up	Blue								
Working in a job	Purple								
Relaxing: study break, reading, music, sports, social	Yellow								
Wasting time on 'nothing'	Black								
Taking classes, workgroups	Green								
Traveling	Orange								
Studying or working on paper or thesis	Red								
<b>TOTAL</b>		24	24	24	24	24	24	24	168

<b>Colors</b>	White = Sleeping and personal care Blue = Eating, groceries, cooking, laundry, cleaning up Purple = Working in a job Yellow = Relaxing: study break, reading, music, sports, social Black = Wasting time on 'nothing' Green = Taking classes, workgroups Orange = Traveling Red = Studying or working on paper or thesis
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# Schedule

Time	Mo		Tu		Wed		Thu		Fr		Sa		Su	
	P	R	P	R	P	R	P	R	P	R	P	R	P	R
08.00														
09.00														
10.00														
11.00														
12.00														
13.00														
14.00														
15.00														
16.00														
17.00														
18.00														
19.00														
20.00														
21.00														
22.00														
23.00														
00.00														
01.00														
02.00														
03.00														
04.00														
05.00														
06.00														
07.00														
<b>Total</b>														

P means Planning, R stands for realization of you plans.

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  - Black = Wasting time on 'nothing'
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  - Red = Studying or working on paper or thesis