

An example will serve to illustrate this.

## My weekly schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00							
8.00							
9.00	Get up	Get up	Get up	Get up	Get up		
10.00	Writing	At university	Writing	At university	Writing	Get up	Get up
11.00	Writing	At university	Writing	At university	Writing	Writing	Buffer time period
12.00	Writing	At university	Writing	At university	Listening to music	Writing	Buffer time period
13.00	Buffer time period	At university	Doctor's appointment	At university	Mealtime		
14.00	Mealtime	Mealtime	Mealtime	Mealtime	At university	Mealtime	Mealtime
15.00	Break	Break	Sport	Break	At university	Break	
16.00	At university	At university	Writing	Writing	Writing	Writing	Buffer time period
17.00	At university	At university	Writing	Writing	Writing	Writing	Buffer time period
18.00	Shopping	Mealtime	Mealtime	Mealtime	Sport	Shopping	
19.00	Mealtime	Buffer time period	Listening to music	Writing	Mealtime	Mealtime	Mealtime
20.00	Friends	TV	TV	Friends			
21.00	Friends	TV		Friends	Listening to music		
22.00						Party	
23.00							
24.00 – 7.00							

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday