

Project Management – Weekly Schedule

Over the last eight weeks, we are sure that your routine and daily schedule have changed massively! You may be getting up at a different time, completing specific tasks to help around the house, exercising at a certain time, or doing your school work at completely different times of the day.

So today we would like you to make a new timetable for your days at home... This will hopefully help you not only refocus your mind on the way you are spending your time, and reflect on if you are making the most of this time, but also help you to ensure that you are adapting your way of life to fit in with lockdown life.

As well as school work and exercise, make sure to include:

- Household jobs/ supporting your family
- Screen time
- Reading
- Fresh air
- Socialising
- Learning a new skill

Try to mix it up a little bit – it's so easy for our days to merge into one. What can you do to ensure you have a bit of variety to your days?



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Weekly Schedule

| <u>Time</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
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As always, make sure you share your work with us by posting online and tagging us in @pieuksocial.