
Training Instrument 11-2**Scheduling Sheet, for Getting Around to It (Structured Experience 12-6)**

SCHEDULE FOR WEEK OF _____

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 a.m.					
8:00 a.m.					
9:00 a.m.					
10:00 a.m.					
11:00 a.m.					
12:00 p.m.					
1:00 p.m.					
2:00 p.m.					
3:00 p.m.					
4:00 p.m.					
5:00 p.m.					
6:00 p.m.					
7:00 p.m.					
8:00 p.m.					
9:00 p.m.					
10:00 p.m.					
11:00 p.m.					

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Training Instrument 11-2, continued

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BALANCE FOR WEEK OF _____

Life Category	Hours
Work	
Self	
Sleep	
Meals	

Total = 168 Hours
