Identifying Core Activities

* What are activities that are flexible and not flexible?
  + Not flexible examples: sleeping, eating and class times are not flexible etc.
  + Flexible examples: exercise time and duration, when to run errands, etc.
* Do you need snack breaks throughout the day or are you more of a meal person? How would that look like in your schedule?
* How much sleep do you need a night? What’s your minimum and what’s your preferred?
* Do you need down time between the last activity in your day and bed time?
* How long does it take for you to get ready for bed?

Estimating Time

* How much time do you need for various activities? (a general estimate)
  + Grocery? Errands? Doctor’s Appointment? Commuting? Clubs? Hobbies? Hanging out? Studying?
* What are some reoccurring activities that happen on a weekly basis that you can easily plug into your schedule?

Energy Levels

* Do you have more energy and attention in the morning? Afternoon? Evening?
  + Schedule your most demanding work for that time period you have the most energy for
* Do you do well with short time frames for studying? Longer time frames?
  + After you study for a period of time, how long do you need for a break?
  + What kinds of things are helpful for you to do during a break?
* When is a good time to schedule exercise or do a hobby you enjoy during the day or week?