Monday’s 2:30 – 3:30 – AP Euro 50 min, Pomodoro

After School: 3:30 -6:30 1 Pomodoro for AP Euro

7:15 – 8:00 – Ap Euro (1 Pomodoro for AP Euro)

8:30 – 10:00 – Geometry (Two 40/5 min. sessions)

AFTER 10:00 – No blue light, wind down, chill

11:00 – SLEEP!

Day 1 (Spanish, HR, Ap Euro, Lunch,

Geometry, 34 JA & AP Psych

34 JA – Spanish

Monday’s 2:30 – 3:30 – AP Euro 50 min Pomodoro

After School 3:30 – 6:30 – Flex Time

6:30 – 8:00 – English (Two 40/5’s)

8:30 – 10:00 – Physics and leftover Psych. (Two 40/5’s)

After 10:00 – No blue light, wind down, chill

11:00 - SLEEP

22 JA – English 44 JA - Psych.

Day 2 (English, HR, 22JA Physics,

44 JA & AP Psych

WEEKENDS

Day 1 – Inter Changeable

DAY OF REST

Day 2 – Interchangeable

Confidence Sessions – Review Cornell notes, Study for tests, read, etc.

NOTES: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_