|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6-8 | Sleep | Getting ready | Sleep | Getting ready | Getting ready | Sleep | Sleep |
| Commute (to Uxbridge) | Calisthenics | Calisthenics | Calisthenics |
| 8-10 | Shower, then breakfast | Breakfast, getting ready | Shower, then breakfast | Shower, then breakfast | Breakfast, getting ready | Breakfast, getting ready |
| Breakfast, getting ready | Computer Lab | Spending time with partner | Commute (to work) |
| 10-12 | Grocery shopping, cooking, domestic chores | Private Study | Lecture | Private study | Work 10:30-17:30 |
| Lecture | Seminar | Lecture |
| 12-14 | Workout | Seminar | Private study | Laundry, domestic chores | Private study (and lunch) |
| Private study | ASK Math Revision 13:30-15:30 | Commute (to work) |
| 14-16 | Lunch | Watching Korean dramas (and having lunch) | Seminar | Work 14:30-20:30 |
| Watching Korean dramas (and having lunch) | Seminar | Lunch | Private study |
| 16-18 | Private study | Tutorial | Private study | Private study | Pack for the weekend |
| Workout | Workout | Commute (to Finsbury Park) | Commute (to Finsbury Park) |
| 18-20 | Private study | Private study | Partner/friends |
| Going out with friends/partner |
| 20-22 | Dinner, shower | Dinner, shower | Cooking | Dinner, shower | Commute (to Finsbury Park) |
| Reading(fiction) | Reading (fiction) | Dinner, shower | Reading (fiction) | Partner |
| 22-midnight | Sleep | Sleep | Sleep |
| Midnight to 6am | Sleep | Sleep | Sleep | Sleep |

The bar chart “Time Management” shows the actual time, in hours, spent on certain activities, in contrast with what I would consider ideal.

The pie charts below show the same data in percentage relative to other activities.

**What I have learnt from this exercise:**

Overall, I am happy with my current time management. I believe I am already aiming to make most of my free time while balancing my financial and personal needs with my private studies, I would only try to make some small improvements.

I give my permission to make use this data.