

Name: \_\_\_\_\_



## Creating a Master Blueprint

1. Think of your “typical” week. Fill in the following activities on your Master Blueprint. Please block and/or color each activity time and make sure it is labeled. If an activity does not apply to you leave it out. If you need to add an activity not listed please do so.

RED = Classes

ORANGE= Work

YELLOW = Commute Time

GREEN = Sleep

BLUE = Personal Hygiene

PURPLE = Meals

BLACK = Socializing

PINK = Family Time

BROWN = \_\_\_\_\_

2. Count the number of blocks (hours) spent on each color for the week and list them below:

**FIXED TIME:**

\_\_\_\_\_ RED  
\_\_\_\_\_ ORANGE  
\_\_\_\_\_ YELLOW

**FLEXIBLE TIME:**

\_\_\_\_\_ GREEN  
\_\_\_\_\_ BLUE  
\_\_\_\_\_ PURPLE

\_\_\_\_\_ BLACK  
\_\_\_\_\_ PINK  
\_\_\_\_\_ BROWN

**Note the white space left on your Master Blueprint. This indicates the total number of hours you have left in the week for studying. Fill in items A-E below to help determine whether this is adequate time.**

A. Number of credit hours you are taking this semester \_\_\_\_\_ credit hours

B. Minimum number of hours you should be studying each week  
(2 hours for every credit hour you are taking) \_\_\_\_\_ hours

C. Count the number white blocks (study time) you have  
left in your week \_\_\_\_\_ white blocks

D. Compare lines B and C above. Check which option best describes your Master Blueprint.

\_\_\_\_\_ If B is less than C: Congratulations! You have adequate study time.

\_\_\_\_\_ If B is equal to C: You are at risk, because you are so committed that there is no wiggle room. Every white space must be used for study!

\_\_\_\_\_ If B is greater than C: You are potentially in a situation that can lead to academic failure. Something must give and your grades are the most likely to do so.

E. After completing this assignment and realizing how much time you “really have” in a week, write your reaction in 2-3 sentences in the below space.

---

---

---

---

# MY MASTER BLUEPRINT

Time	MON	TUES	WED	THURS	FRI	SAT	SUN
12 – 1am							
1 – 2am							
2 – 3am							
3 – 4am							
4 – 5am							
5 – 6am							
6 – 7am							
7 – 8am							
8 – 9am							
9 – 10am							
10 – 11am							
11 – 12pm							
12 – 1pm							
1 – 2pm							
2 – 3pm							
3 – 4pm							
4 – 5pm							
5 – 6pm							
6 – 7pm							
7 – 8pm							
8 – 9pm							
9 – 10pm							
10 – 11pm							
11 – 12am							

# MY MASTER BLUEPRINT

Time	MON	TUES	WED	THURS	FRI	SAT	SUN
12 – 1am							
1 – 2am							
2 – 3am							
3 – 4am							
4 – 5am							
5 – 6am							
6 – 7am							
7 – 8am							
8 – 9am							
9 – 10am							
10 – 11am							
11 – 12pm							
12 – 1pm							
1 – 2pm							
2 – 3pm							
3 – 4pm							
4 – 5pm							
5 – 6pm							
6 – 7pm							
7 – 8pm							
8 – 9pm							
9 – 10pm							
10 – 11pm							
11 – 12am							