Horaire hebdomadaire



**Automne 2020**

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| --- | --- | --- | --- | --- |
| **Activités à planifier :** | |  |  |  |
| c | Période de cours | c | Gestion du quotidien | |
| c | Période de repas | c | Travaux d'équipe | |
| c | Temps d'études | c | Périodes libres | |
| c | Loisirs ou activités | c | Sommeil | |
| c | Travail | c | Famille et amis | |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Heure** | **Lundi** | **Mardi** | **Mercredi** | **Jeudi** | **Vendredi** | **Samedi** | **Dimanche** |
| **1 h** |  |  |  |  |  |  |  |
| **2 h** |  |  |  |  |  |  |  |
| **3 h** |  |  |  |  |  |  |  |
| **4 h** |  |  |  |  |  |  |  |
| **5 h** |  |  |  |  |  |  |  |
| **6 h** |  |  |  |  |  |  |  |
| **7 h** |  |  |  |  |  |  |  |
| **8 h** |  |  |  |  |  |  |  |
| **9 h** |  |  |  |  |  |  |  |
| **10 h** |  |  |  |  |  |  |  |
| **11 h** |  |  |  |  |  |  |  |
| **12 h** |  |  |  |  |  |  |  |
| **13 h** |  |  |  |  |  |  |  |
| **14 h** |  |  |  |  |  |  |  |
| **15 h** |  |  |  |  |  |  |  |
| **16 h** |  |  |  |  |  |  |  |
| **17 h** |  |  |  |  |  |  |  |
| **18 h** |  |  |  |  |  |  |  |
| **19 h** |  |  |  |  |  |  |  |
| **20 h** |  |  |  |  |  |  |  |
| **21 h** |  |  |  |  |  |  |  |
| **22 h** |  |  |  |  |  |  |  |
| **23 h** |  |  |  |  |  |  |  |
| **24 h** |  |  |  |  |  |  |  |