Completed Weekly Routine Example (Fictional Illustration)

FICTIONAL EXAMPLE: Sample week for commuter student Alex Morgan, showing travel buffers, named library study blocks, work shifts, and a Saturday backup block.

Day	Scheduled Commitments	Selected Study and Preparation Blocks
Monday	Campus class 9–10:15 a.m.; work 2–6 p.m.	Leave 8:05 a.m.; library 10:30–11:15: English reading; lunch and travel before work.
Tuesday	Campus class 10–11:15 a.m.	Leave 9:05 a.m.; math practice 11:30 a.m.–12:15 p.m.; online-course reading 3–4 p.m.
Wednesday	Campus class 9–10:15 a.m.; work 2–6 p.m.	Leave 8:05 a.m.; outline essay 10:30–11:15; lunch and travel before work.
Thursday	Campus class 10–11:15 a.m.	Leave 9:05 a.m.; tutoring 11:30–noon; math task and submission check 3–4 p.m.
Friday	Work 2–6 p.m.	Essay draft 9–10:30 a.m.; discussion replies 11–11:30 a.m.; meal and travel before work.
Saturday	Personal commitments	Essay revision 9–10 a.m.; 10–11 a.m. reserved as a backup study block.
Sunday	Personal commitments	Online-course activity 3–4 p.m.; weekly review 4–4:30 p.m.; pack for Monday.