<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
</tr>
</thead>
</table>
| Monday | 6-8am - Prepare for the day  
7.50-8am - Travel to work  
8am - 2pm - Work  
2-6pm - Pick up children  
6-10pm - University |
| Tuesday| 6-8am - Prepare for the day  
7.50-8am - Travel to work  
8am - 7pm - Work  
7-8pm - Pick up children  
8-10pm - Relaxing time |
| Wednesday| 6-8am - Prepare for the day  
7.50-8am - Travel to work  
8am - 7pm - Work  
8am - 7pm - Pick up children  
8-10pm - Relaxing time |
| Thursday| 6-8am - Prepare for the day  
7.50-8am - Travel to work  
8am - 1pm - Work  
7-8pm - Pick up children  
8-10pm - Relaxing time |
| Friday | 6-8am - Prepare for the day  
7.50-8am - Travel to work  
8am - 1pm - Work  
1-6pm - Pick up children  
6-7pm - Uni planning  
8-10pm - Relaxing time |
| Saturday| 6-8am - Potential lie-in  
8am - 2pm - Household chores  
2- 7pm - Family time, (2 hours study time included)  
8-10pm - Relaxing time |
| Sunday | 6-8am - Potential lie-in  
8am- 3pm - Study time  
3- 6pm - Prepare for week  
8-10pm - Relaxing time |