Investigation – my weekly time division

Reint Dijkstra

S1476238

Subject: Tutoring

1. Intro

This report has the purpose to order all my activities during each week so that I have a clear idea how much time I have for everything. One of the reasons that I have made this report is that I was wanted to make sure that I had an overview of all the things that I had planned.

With this report I am trying to improve the way I spent my time, eventually going from a

unstructured way of spending time towards a more structured way of spending time. My final goal is to reach a way of spending time so that I am able to finish my work at the university, but at the same time also being able to row as much as possible.

2. Investigation

Table 1: Week scheme week 1

17/11/2014

|  |  |
| --- | --- |
| Time 10:00 Got up 45 min. | Action Hours taken for action |
| 10:45  | Math & Modeling 105 min. |
| 12:30  | Project meeting 60 min. |
| 17:30  | Eating 60 min. |
| 19:00  | Rowing training |
| 22:00  | Went home & sleep x |

18/11/2014

|  |  |
| --- | --- |
| Time 8:00  | Action Hours taken for actionGot up 45 min. |
| 8:45  | Smart environment 105 min. |
| 10:30  | edf 60 min. |
| 13:45  | Physical computing |
| 16:00  | eating |
| 18:00  | crossfit |

19/11/2014

|  |  |
| --- | --- |
| Time 8:00  | Action Hours taken for actionGot up 45 min. |
| 8:45  | math 105 min. |
| 10:30  | edf 60 min. |
| 13:45  | Homework(sketching) |
| 17:30  | eating |
| 18:00  | Exercise  |
| 22:30 | sleep |

20/11/2014

|  |  |
| --- | --- |
| Time 8:00  | Action Hours taken for actionGot up 45 min. |
| 8:45  | Phys comp 105 min. |
| 12:30  | Lunch break. |
| 13:45  | sketching |
| 19:30  | Eating at Euros |
| Drinking the whole time |  |
| 00:30 | sleep |

21/11/2014

|  |  |
| --- | --- |
| Time 10:00  | Action Hours taken for actionGot up 45 min. |
| 10:45  | EDF 105 min. |
| 12:30  | Lunch break + committee meeting |
| 13:45  | Guest lecture |
| 15:00  | Going home( woohoo) |
| 16:30 | home |
| 00:30 | sleep |

15/12/2014

|  |  |
| --- | --- |
| Time 8:00  | Action Hours taken for actionGot up 45 min. |
| 8:45  | math 105 min. |
| 9:45  | Project meeting |
| 10:45  | free |
| 17:30  | Eating  |
| 19:00 | Ergo training |
| 23:30 | sleep |

16/12/2014

|  |  |
| --- | --- |
| Time 8:00  | Action Hours taken for actionGot up 45 min. |
| 8:45  | Smart environments |
| 10:45  | EDF |
| 12:30  | break |
| 13:45  | Phys comp |
| 16:30 | eating |
| 18:00 | crossfit |

17/12/2014

|  |  |
| --- | --- |
| Time 9:30  | Action Hours taken for action |
| 10:30 | EDF |
| 12:30  | Lunch break. |
| 13:45  | project |
| 18:30  | Eating  |
| 20:00 | Playing guitar |
| 00:30 | sleep |

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18/12/2014

|  |  |
| --- | --- |
| Time 8:00  | Action Hours taken for actionGot up 45 min. |
| 8:45  | Phys comp  |
| 12:30  | Lunch break. |
| 13:45  | sketching |
| 19:30  | Eating at Euros |
| Drinking the whole time |  |
| 00:30 | sleep |

19/12/2014

|  |  |
| --- | --- |
| Time 10:00  | Action Hours taken for actionGot up 45 min. |
| 10:45 | EDF |
| 12:30  | Lunch break. |
| 13:45  | Smart environments test |
| 16:04  | Going home |
| 18:00 | home |
| 00:30 | sleep |

Total amount of weekly hours: 52 Hours and 45 min.

**3. Conclusion**

After doing a little research on my week schedule you can actually see that I have more than enough time for myself and the work I have to do for the university.