

## Monique's example ACA study plan

Activity	Time	Notes
Wake up	<b>05:00 - 05:30 (30 minutes)</b>	1) Go for jog or speed walk
Get ready	<b>05:30 - 06:30 (1 hour)</b>	1) Get ready for work
Commute to work	<b>07:00 - 08:30 (90 minutes)</b>	1) Reply/send non-work related emails (mentoring, diversity events etc) 2) Speak to family and friends via Whatsapp 3) Read books and articles 4) Listen to Spotify 5) Life admin
Work	<b>08:30 - 18:00 (9 hours, 30 minutes)</b>	1) Be efficient 2) Take a 30 minute lunch break
Eat dinner	<b>18:00 - 19:00 (1 hour)</b>	1) Buy dinner and eat at the office

Study	<b>19:00 – 21:00 (2 hours)</b>	<ol style="list-style-type: none"> <li>1) Complete 1 question in the question bank</li> <li>2) Debrief the question and send all queries to tutor</li> </ol>
Commute home	<b>21:00 – 22:30 (90 minutes)</b>	<ol style="list-style-type: none"> <li>1) Reply/send non-work related emails (mentoring, diversity events etc)</li> <li>2) Speak to family and friends via Whatsapp</li> <li>3) Read books and articles</li> <li>4) Listen to Spotify</li> <li>5) Life admin</li> </ol>
Sleep	<b>22:30</b>	<ol style="list-style-type: none"> <li>1) Sleep</li> </ol>