

Busy Adult Coding Schedule Worksheet *{Make a copy of this sheet so you can fill it out}*

1. Time Audit

Before you can make time to learn to code, you need to see where your time is going. Fill this out honestly - it's the foundation of your plan.

Morning routine (wake up through work):

Work hours:

Evening routine (after work → bed):

Commute time (round trip):

Average screen time (Netflix, YouTube, social media, etc.):

Other regular commitments (gym, errands, family time, etc.):

Where could you realistically reclaim 60–90 minutes per day?:

2. What You'll Cut

Your new life will cost your old one. Identify what habits or time-sinks you'll pause to make space for coding.

Habits or hobbies to pause (e.g., Netflix, Sunday football, TikTok):

Estimated hours freed per week:

Why this trade-off feels worth it:

3. Weekly Coding Plan

You don't need marathon sessions — you need consistency. Plan when you'll code each day.

Total weekly goal (hours): _____

Morning or evening learner? (highlight one) Morning / Evening

4. Night-Before Planning

End each night by deciding exactly what you'll do tomorrow. Write it down here or in your notebook.

Tomorrow's Date:

Tomorrow's Specific Task:

Estimated Time to Complete:

Resources or Links:

5. Consistency Tracker

Check your progress weekly. Consistency beats intensity every time.

6. Side Project Planner

Pick one project you actually care about. That emotional connection is what keeps you consistent.

Project Idea:

Who it Helps / Why it Matters:

Tech Stack / Tools:

First Milestone:

Target Completion Date:

7. Reflection

Check in every week and adjust your plan as needed.

What progress have you made since starting?:

What challenges are you facing now?:

How will you adapt your schedule or habits to stay consistent?:

One small win to celebrate:

✓ Tip: **Print this or make a copy of the Doc**, then duplicate the tables for each new week. Keep your notes in the same document so you can track progress over time.

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