

The Essential Job Search Manual

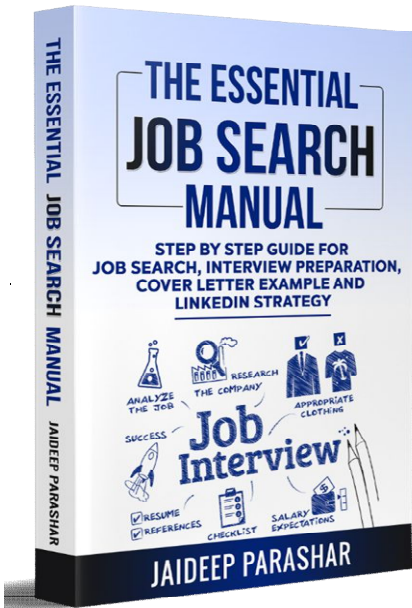
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Essential Job Seeker Time Table

S. No.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
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16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							

	Devote Time to Prepare		*Note: 6-7 hours of sleep is necessary for job seekers.
	Recreation		
	Meditation/Exercise		
	Focus on Interview/Networking		
	Planning & Preparation		
	Free Time		
			*Note: Sunday should be devoted to take plenty of rest, relax & preparation.

Note: You can edit the file as per your requirements.



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