

Weekly Study Planner

Plan fewer tasks, practice actively, and finish the week with evidence of what you can do.

WEEK OF		MAIN EXAM / COURSE	
AVAILABLE STUDY HOURS		RECOVERY / REST DAY	

1. Choose three measurable outcomes

PRIORITY	BY THE END OF THE WEEK, I CAN...	HOW I WILL CHECK
1		
2		
3		

2. Schedule focused study blocks

DAY	START / LENGTH	ONE SPECIFIC TASK	ACTIVE METHOD	DONE
MON				☐
TUE				☐
WED				☐
THU				☐
FRI				☐
SAT				☐
SUN				☐

Useful active methods: practice questions, closed-book recall, teach-back, worked examples, and error correction.

Study Session Log

Use one row per session. A short, specific record is more useful than a long diary.

DATE	TOPIC + TASK	MIN	SCORE / EVIDENCE	NEXT STEP

Evidence examples	8/10 retrieval questions; solved without notes; explained aloud; corrected two missed steps.
Next-step examples	Redo missed questions Friday; review vocabulary; ask instructor about step 3; increase difficulty.

Weekly Review and Reset

Complete this page before planning the next week. Keep the answers concrete and evidence-based.

☐ I completed at least one no-notes recall session.	☐ I corrected errors instead of only checking answers.
☐ I spaced practice across multiple days.	☐ I protected sleep, meals, movement, and recovery time.
☐ I asked for help when a question stayed unresolved.	☐ I updated next week's plan using this week's evidence.

What improved this week?

Which mistakes or knowledge gaps still need work?

What will I change next week?

CONFIDENCE (1-5)	FOCUS (1-5)	CONSISTENCY (1-5)	NEXT CHECK DATE

Reminder: a planner is a decision tool, not a promise. If your available time changes, reduce the number of tasks and keep the highest-value practice.