

Weekly Study Plan

Week of:

Study Schedule

Time	Mon	Tue	Wed	Thur	Fri

Daily Overview

How are you feeling today?

Today's motivation:

Checklist

PRIORITIES	TASKS
Priority 1	☐
Priority 2	☐
Priority 3	☐

Progress Chart

TASK & DEADLINE	PREPARING	IN- PROGRESS	HALFWAY	WRAPPING UP	NOTES
Organize materials Due on:	☐	☐	☐	☐	
Task 2	☐	☐	☐	☐	

Breaks & Self-Care

- ☐ 5 minute walk/stretch every hour
- ☐ 10 minute snack or screen break
- ☐ Water bottle check and refill
- ☐ 10 minute journal / brain dump
- ☐ Quick room tidy

End of Day Reflection

- What went well today?
- What was challenging?
- What is your plan for tomorrow?

Notes
