Your week. Your pace.

WEEK OF: _____

MY TOP 3 PRIORITIES

- [ ] _____
- [ ] _____
- [ ] _____

WEEKLY STUDY BLOCKS

Example: up to 3 blocks a day, but change their length to fit your schedule.

MONDAY	☐ BLOCK 1	☐ BLOCK 2	☐ BLOCK 3
TUESDAY	☐ BLOCK 1	☐ BLOCK 2	☐ BLOCK 3
WEDNESDAY	☐ BLOCK 1	☐ BLOCK 2	☐ BLOCK 3
THURSDAY	☐ BLOCK 1	☐ BLOCK 2	☐ BLOCK 3
FRIDAY	☐ BLOCK 1	☐ BLOCK 2	☐ BLOCK 3
SATURDAY	☐ BLOCK 1	☐ BLOCK 2	☐ BLOCK 3
SUNDAY	☐ BLOCK 1	☐ BLOCK 2	☐ BLOCK 3

Your week. Your pace.

DID IT STICK?

After a study session, close your notes and answer from memory.

One thing I can explain without looking:

One question I still need to answer:

What I will revisit next:

WEEKLY REFLECTION

What felt manageable this week?

What should I change for next week?

REMINDER

A changed plan is still a plan. Keep what worked and adjust the rest.