Weekly study planner

Printable worksheet. One Pomodoro = 25 min focus + 5 min break, so 1 hour = 2 sessions.

Name: _____ Week: _____

SMART GOALS (Specific, Measurable, Achievable, Relevant, Time-bound)

GOAL	CATEGORY	START	END	STATUS / %	NOTES

WEEKLY TIME-BLOCK SCHEDULE

DAY	TIME	SUBJECT	TASK	HOURS	POMODOROS
	____-____				
	____-____				
	____-____				
	____-____				
	____-____				
	____-____				
	____-____				
	____-____				
	____-____				
	____-____				
	____-____				
	____-____				
	____-____				
	____-____				
TOTAL				____	____

Priorities, progress and exam countdown

Printable worksheet. One Pomodoro = 25 min focus + 5 min break, so 1 hour = 2 sessions.

PRIORITY LIST

High: _____

Medium: _____

Low: _____

HOURS BY SUBJECT

SUBJECT	BLOCKS	HOURS	SELF-TEST HOURS
TOTAL	____	____	____

SELF-TEST LOG

TEST	DATE	SCORE	ANALYSIS	ACTION

SUBJECT MASTERY (SELF-RATED 1-5)

SUBJECT	CURRENT	TARGET	AREA TO IMPROVE

4-WEEK EXAM COUNTDOWN

WEEK	DATES	DAYS LEFT	FOCUS	HOURS	CHECKS
1					
2					
3					
4					
TOTAL				____	